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| 1. Individuals without risk factors for heart disease should limit cholesterol intake to no more than 300 milligrams a day.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/29/2023 11:40 PM | | *DATE MODIFIED:* | 11/29/2023 11:42 PM | |

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| 2. Which of the following diseases is characterized by high blood glucose levels?   |  |  |  | | --- | --- | --- | |  | a. | type 2 diabetes | |  | b. | hypertension | |  | c. | stroke | |  | d. | Alzheimer’s disease | |  | e. | fatty liver disease |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/29/2023 11:43 PM | | *DATE MODIFIED:* | 11/29/2023 11:44 PM | |

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| 3. Which of the following statements depicts the progression of a micronutrient deficiency?   |  |  |  | | --- | --- | --- | |  | a. | Physical signs develop before a decrease in tissue reserves. | |  | b. | Physical signs develop before a decrease in dietary intake. | |  | c. | Insufficient nutrient availability to cells occurs before physical signs develop. | |  | d. | Insufficient nutrient availability to cells occurs after physical signs develop. | |  | e. | Impaired cellular function occurs after physical signs develop. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/29/2023 11:48 PM | | *DATE MODIFIED:* | 11/29/2023 11:50 PM | |

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| 4. Malnutrition can result from both inadequate and excessive levels of nutrient intake.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 12:04 AM | | *DATE MODIFIED:* | 11/30/2023 12:07 AM | |

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| 5. Which of the following changes have been made to the nutrition facts panel?   |  |  |  | | --- | --- | --- | |  | a. | Added sugars are now listed. | |  | b. | Poly-unsaturated fats are now listed. | |  | c. | Zinc is now listed. | |  | d. | Calories are now listed at the bottom of the panel. | |  | e. | Daily values are now listed on the left of each nutrient. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.2 - Read and understand the elements of nutrition labels; you will be able to understand the nutritional value of most food products. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 12:07 AM | | *DATE MODIFIED:* | 11/30/2023 12:12 AM | |

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| 6. Healthy dietary patterns include:   |  |  |  | | --- | --- | --- | |  | a. | refined grain products. | |  | b. | foods high in tropical oils. | |  | c. | processed foods high in sodium. | |  | d. | nuts with high amounts of omega-3 fatty acids. | |  | e. | sweetened teas. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.6 - Design a healthy dietary pattern. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 12:14 AM | | *DATE MODIFIED:* | 11/30/2023 12:19 AM | |

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| 7. The four major components of an individual nutrition assessment conducted by a registered dietitian nutritionist include:   |  |  |  | | --- | --- | --- | |  | a. | physical, dietary, neurological, and biochemical assessment. | |  | b. | dietary, biochemical, neurological, and anthropometric assessment. | |  | c. | anthropometric, physical, neurological, and biochemical assessment. | |  | d. | neurological physical, dietary, and anthropometric assessment. | |  | e. | biochemical, physical, dietary, and anthropometric assessment. |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.4 - Describe the components of individual level nutrition assessment. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 12:20 AM | | *DATE MODIFIED:* | 11/30/2023 12:27 AM | |

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| 8. Which of the following products could be labeled "*trans* fat-free"?   |  |  |  | | --- | --- | --- | |  | a. | a cookie with 1.0 g of *trans* fat | |  | b. | a cookie with 0.4 g of *trans* fat | |  | c. | a cookie with 1.4 g of *trans* fat | |  | d. | a cookie with 2 g of *trans* fat | |  | e. | cookies can never be labeled as “*trans* fat-free” |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.2 - Read and understand the elements of nutrition labels; you will be able to understand the nutritional value of most food products. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 12:32 AM | | *DATE MODIFIED:* | 11/30/2023 12:37 AM | |

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| 9. A dietary supplement can legally claim to treat, cure, or prevent a disease.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.2 - Read and understand the elements of nutrition labels; you will be able to understand the nutritional value of most food products. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 12:38 AM | | *DATE MODIFIED:* | 11/30/2023 12:40 AM | |

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| 10. Galactosemia is a disorder that interferes with the body's utilization of the sugar galactose found in lactose.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 12:54 AM | | *DATE MODIFIED:* | 11/30/2023 12:55 AM | |

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| 11. A DASH eating plan is effective for reducing high blood pressure as well as the risk of some types of cancer, osteoporosis, and heart disease.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition and Health Guidelines for Americans | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.6 - Design a healthy dietary pattern. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 1:02 AM | | *DATE MODIFIED:* | 11/30/2023 1:02 AM | |

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| 12. What are the six categories of essential nutrients?   |  |  |  | | --- | --- | --- | |  | a. | carbohydrates, alcohol, fats, proteins, vitamins, and minerals | |  | b. | carbohydrates, fiber, fats, proteins, vitamins, and minerals | |  | c. | carbohydrates, proteins, fats, minerals, water, and vitamins | |  | d. | carbohydrates, proteins, fiber, water, alcohol, and lipids |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 1:04 AM | | *DATE MODIFIED:* | 11/30/2023 1:06 AM | |

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| 13. Which of the following substances is an essential nutrient?   |  |  |  | | --- | --- | --- | |  | a. | fiber | |  | b. | cholesterol | |  | c. | linoleic acid | |  | d. | vitamin D | |  | e. | creatine |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 1:16 AM | | *DATE MODIFIED:* | 11/30/2023 1:17 AM | |

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| 14. A calorie is:   |  |  |  | | --- | --- | --- | |  | a. | a measure of the amount of energy transferred from food to the body. | |  | b. | a measure of the amount of energy inside the body's fat cells. | |  | c. | a component of fats that is soluble in water. | |  | d. | a chemical substance that activates enzymes. | |  | e. | a measure of the extent to which blood glucose levels are raised by consumption of food. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 1:19 AM | | *DATE MODIFIED:* | 11/30/2023 1:19 AM | |

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| 15. Which of the following statements describes the primary function of ascorbic acid?   |  |  |  | | --- | --- | --- | |  | a. | It is required for the conversion of homocysteine to methionine. | |  | b. | It participates in the regulation of gene expression. | |  | c. | It is required for the transport and metabolism of fat and cholesterol. | |  | d. | It acts as an antioxidant and is required for collagen synthesis. | |  | e. | It is required for normal red blood cell formation. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 1:22 AM | | *DATE MODIFIED:* | 11/30/2023 1:23 AM | |

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| 16. The Estimated Average Requirement (EAR) refers to:   |  |  |  | | --- | --- | --- | |  | a. | an intake level estimated to meet the nutrient needs of 98% of healthy people. | |  | b. | an intake value estimated to meet the nutrient needs of half the healthy individuals in a group. | |  | c. | upper limits of a nutrient estimated to be compatible with health. | |  | d. | standard levels of daily nutrient intake. | |  | e. | an estimated level of nutrient intake for unhealthy people. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 1:24 AM | | *DATE MODIFIED:* | 11/30/2023 1:25 AM | |

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| 17. Complex carbohydrates include:   |  |  |  | | --- | --- | --- | |  | a. | glucose, glycogen, and most types of fiber. | |  | b. | glucose, sucrose, and fructose. | |  | c. | starches, glycogen, and most types of fiber. | |  | d. | starches, glucose, and sucrose. | |  | e. | starches, glycogen, and glucose. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 1:30 AM | | *DATE MODIFIED:* | 11/30/2023 1:32 AM | |

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| 18. Which of the following two monosaccharides are found in sucrose (table sugar)?   |  |  |  | | --- | --- | --- | |  | a. | glucose and lactose | |  | b. | maltose and fructose | |  | c. | glucose and maltose | |  | d. | glucose and fructose | |  | e. | maltose and lactose |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 1:37 AM | | *DATE MODIFIED:* | 11/30/2023 1:38 AM | |

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| 19. Blood sugar is also known as \_\_\_\_\_, while fruit sugar is also known as \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | glucose; fructose | |  | b. | glucose; lactose | |  | c. | lactose; fructose | |  | d. | maltose; lactose | |  | e. | fructose; maltose |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 1:46 AM | | *DATE MODIFIED:* | 11/30/2023 1:47 AM | |

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| 20. Human digestive enzymes are unable to break down:   |  |  |  | | --- | --- | --- | |  | a. | sucrose. | |  | b. | glycogen. | |  | c. | alcohol sugars. | |  | d. | maltose. | |  | e. | fiber. |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 1:48 AM | | *DATE MODIFIED:* | 11/30/2023 1:49 AM | |

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| 21. Carbohydrates that have a high glycemic index:   |  |  |  | | --- | --- | --- | |  | a. | help to build and maintain protein-based components in the body. | |  | b. | reduce elevated levels of blood cholesterol and triglycerides. | |  | c. | increase levels of HDL cholesterol. | |  | d. | decrease the risk of developing type 2 diabetes. | |  | e. | raise blood glucose levels higher than carbohydrates that have a low glycemic index. |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 1:50 AM | | *DATE MODIFIED:* | 11/30/2023 1:52 AM | |

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| 22. The only important animal source of carbohydrates is \_\_\_\_\_, which is found in \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | lactose; meat | |  | b. | glucose; meat | |  | c. | maltose; milk | |  | d. | lactose; milk | |  | e. | sucrose; milk |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 1:53 AM | | *DATE MODIFIED:* | 11/30/2023 1:53 AM | |

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| 23. Triglycerides are composed of:   |  |  |  | | --- | --- | --- | |  | a. | two glycerol molecules attached to a fatty acid. | |  | b. | two fatty acids attached to a glycerol molecule. | |  | c. | three glycerol molecules attached to a fatty acid. | |  | d. | three fatty acids attached to a glycerol molecule. | |  | e. | three fatty acids attached to three glycerol molecules. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 1:55 AM | | *DATE MODIFIED:* | 11/30/2023 1:56 AM | |

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| 24. Which of the following substances provides the most energy per gram?   |  |  |  | | --- | --- | --- | |  | a. | protein | |  | b. | fiber | |  | c. | fat | |  | d. | water | |  | e. | glucose |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 1:57 AM | | *DATE MODIFIED:* | 11/30/2023 1:58 AM | |

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| 25. Which of the following statements about carbohydrates is true?   |  |  |  | | --- | --- | --- | |  | a. | Glucose and galactose combine to form the disaccharide milk sugar. | |  | b. | Plants store complex carbohydrates in the form of proteins. | |  | c. | Amino acids required for protein synthesis are obtained through carbohydrates in food. | |  | d. | The most basic form of carbohydrates is polysaccharides. | |  | e. | Simple and complex carbohydrates provide nine calories per gram. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 1:59 AM | | *DATE MODIFIED:* | 11/30/2023 1:59 AM | |

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| 26. If one double bond is present in one or more of the fatty acids, the fat is considered:   |  |  |  | | --- | --- | --- | |  | a. | monosaturated. | |  | b. | polysaturated. | |  | c. | polyunsaturated. | |  | d. | saturated. | |  | e. | monounsaturated. |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 2:44 AM | | *DATE MODIFIED:* | 11/30/2023 2:45 AM | |

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| 27. . LDL cholesterol is:   |  |  |  | | --- | --- | --- | |  | a. | lowered by intake of *trans*-fatty acids. | |  | b. | associated with heart-disease risk when present in high levels. | |  | c. | associated with heart-disease risk when present in low levels. | |  | d. | raised by intake of unsaturated fatty acids. | |  | e. | unaffected by intake of saturated fatty acids. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 2:52 AM | | *DATE MODIFIED:* | 11/30/2023 2:57 AM | |

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| 28. Which of the following statements about proteins is true?   |  |  |  | | --- | --- | --- | |  | a. | Proteins provide two calories per gram. | |  | b. | Proteins obtained from food sources such as milk, cheese, and meat are considered low-quality proteins. | |  | c. | All plant sources of protein provide all the nine essential amino acids required by the body. | |  | d. | Proteins help build and maintain muscles, bones, enzymes, and red blood cells. | |  | e. | Proteins are made up of various types of triglycerides. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 2:57 AM | | *DATE MODIFIED:* | 11/30/2023 3:00 AM | |

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| 29. Essential amino acids:   |  |  |  | | --- | --- | --- | |  | a. | are produced by the human body. | |  | b. | must be obtained through a person's diet. | |  | c. | must be synthesized from nonessential amino acids. | |  | d. | are abundant in lipids. | |  | e. | are also referred to as dispensable amino acids. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 3:09 AM | | *DATE MODIFIED:* | 11/30/2023 3:12 AM | |

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| 30. There are \_\_\_\_\_ essential amino acids.   |  |  |  | | --- | --- | --- | |  | a. | eight | |  | b. | nine | |  | c. | twenty-one | |  | d. | three | |  | e. | six |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 3:12 AM | | *DATE MODIFIED:* | 11/30/2023 3:16 AM | |

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| 31. Complementing amino acids can be found in which of the following plant-based food combinations?   |  |  |  | | --- | --- | --- | |  | a. | grains and potato | |  | b. | grains and dried beans | |  | c. | seeds and milk | |  | d. | soybeans and milk | |  | e. | eggs and onions |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 3:16 AM | | *DATE MODIFIED:* | 11/30/2023 3:19 AM | |

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| 32. Fat-soluble vitamins:   |  |  |  | | --- | --- | --- | |  | a. | are stored only for a few weeks by the body. | |  | b. | include vitamins A, D, E, and C. | |  | c. | can be consumed in very high amounts without causing harmful effects. | |  | d. | can be stored in the body for months. | |  | e. | are immediately metabolized by the body and never stored. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 3:19 AM | | *DATE MODIFIED:* | 11/30/2023 3:22 AM | |

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| 33. Which of the following vitamins acts as an antioxidant in the body?   |  |  |  | | --- | --- | --- | |  | a. | vitamin C | |  | b. | thiamin | |  | c. | riboflavin | |  | d. | biotin | |  | e. | vitamin D |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 3:23 AM | | *DATE MODIFIED:* | 11/30/2023 3:25 AM | |

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| 34. Which of the following terms refers to chemical substances present in plants, some of which can affect body processes in humans that may benefit health?   |  |  |  | | --- | --- | --- | |  | a. | vitamins | |  | b. | coenzymes | |  | c. | phytochemicals | |  | d. | amino acids | |  | e. | minerals |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 3:26 AM | | *DATE MODIFIED:* | 11/30/2023 3:29 AM | |

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| 35. After class, you go to the coffee shop and get an espresso Frappuccino that contains the following nutrients: 11 g of protein, 104 g of carbohydrate, and 4 g of fat. How many total calories does this drink provide?   |  |  |  | | --- | --- | --- | |  | a. | 476 | |  | b. | 496 | |  | c. | 507 | |  | d. | 500 | |  | e. | 610 |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Apply | | *DATE CREATED:* | 11/30/2023 3:30 AM | | *DATE MODIFIED:* | 11/30/2023 3:33 AM | |

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| 36. After class, you go to the coffee shop and get an espresso Frappuccino that contains the following nutrients: 11 g of protein, 104 g of carbohydrate, and 4 g of fat. Given that the daily value of total fat intake is 65 g, what is the % daily value of fat in the Frappuccino?   |  |  |  | | --- | --- | --- | |  | a. | 0% | |  | b. | 1.5% | |  | c. | 6% | |  | d. | 12% | |  | e. | 17% |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Apply | | *DATE CREATED:* | 11/30/2023 3:34 AM | | *DATE MODIFIED:* | 11/30/2023 3:37 AM | |

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| 37. A 14-inch cheese quesadilla contains 30 g of carbohydrate, 10 g of protein, and 8 g of fat. The approximate number of calories in one-half of the quesadilla is:   |  |  |  | | --- | --- | --- | |  | a. | 65. | |  | b. | 80. | |  | c. | 146. | |  | d. | 116. | |  | e. | 120. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Apply | | *DATE CREATED:* | 11/30/2023 3:37 AM | | *DATE MODIFIED:* | 11/30/2023 3:40 AM | |

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| 38. The adequate intake of essential nutrients to meet the known needs of 98% of healthy people is known as:   |  |  |  | | --- | --- | --- | |  | a. | daily value. | |  | b. | adequate intake. | |  | c. | recommended dietary allowance. | |  | d. | recommended intake. | |  | e. | tentative value. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 3:42 AM | | *DATE MODIFIED:* | 11/30/2023 3:43 AM | |

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| 39. One example of a nutrient-dense food is:   |  |  |  | | --- | --- | --- | |  | a. | nonfat yogurt. | |  | b. | soda. | |  | c. | ice cream. | |  | d. | a cheese twist. | |  | e. | chips. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 3:45 AM | | *DATE MODIFIED:* | 11/30/2023 3:47 AM | |

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| 40. A eighty-four-year-old who is on a dairy-free diet is exhibiting signs of osteoporosis. Supplementation of which of the following nutrients may be beneficial?   |  |  |  | | --- | --- | --- | |  | a. | potassium | |  | b. | fluoride | |  | c. | calcium | |  | d. | zinc | |  | e. | iron |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Apply | | *DATE CREATED:* | 11/30/2023 3:48 AM | | *DATE MODIFIED:* | 11/30/2023 3:50 AM | |

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| 41. Which of the following nutrients is considered nonessential?   |  |  |  | | --- | --- | --- | |  | a. | vitamin A | |  | b. | calcium | |  | c. | glucose | |  | d. | zinc | |  | e. | vitamin B12 |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 3:52 AM | | *DATE MODIFIED:* | 11/30/2023 3:53 AM | |

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| 42. Which of the following terms refers to the science of measuring the human body and its various parts?   |  |  |  | | --- | --- | --- | |  | a. | anencephaly | |  | b. | anatomy | |  | c. | atherosclerosis | |  | d. | anthropometry | |  | e. | amylophagia |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Assessment | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 3:54 AM | | *DATE MODIFIED:* | 11/30/2023 3:55 AM | |

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| 43. The balance of fluids, nutrients, gases, temperature, and other conditions needed to ensure proper functioning of cells is known as:   |  |  |  | | --- | --- | --- | |  | a. | regulation. | |  | b. | homeostasis. | |  | c. | energy balance. | |  | d. | cellular respiration. | |  | e. | metabolism. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 4:01 AM | | *DATE MODIFIED:* | 11/30/2023 4:02 AM | |

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| 44. The disorder that is characterized by excessive levels of body iron that can lead to liver and heart abnormalities is:   |  |  |  | | --- | --- | --- | |  | a. | hemochromatosis. | |  | b. | galactosemia. | |  | c. | diabetes. | |  | d. | hypertension. | |  | e. | phenylketonuria. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 4:03 AM | | *DATE MODIFIED:* | 11/30/2023 4:04 AM | |

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| 45. Which of the following nutrients should be consumed in low quantities by a person who suffers from phenylketonuria?   |  |  |  | | --- | --- | --- | |  | a. | tyrosine | |  | b. | phenylalanine | |  | c. | potassium | |  | d. | vitamin K | |  | e. | iron |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 4:05 AM | | *DATE MODIFIED:* | 11/30/2023 4:06 AM | |

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| 46. Sammy is six years old and consumes an excessive amount of sugar such as soda, candy, and energy drinks. Sammy is at risk of developing which of the following diseases and disorders?   |  |  |  | | --- | --- | --- | |  | a. | hypertension | |  | b. | cancer | |  | c. | Alzheimer’s disease | |  | d. | tooth decay | |  | e. | osteoporosis |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 4:07 AM | | *DATE MODIFIED:* | 11/30/2023 4:08 AM | |

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| 47. Which of the following vitamins are fat-soluble?   |  |  |  | | --- | --- | --- | |  | a. | vitamins A, D, E, and K | |  | b. | vitamins A and B12 | |  | c. | vitamins C and B6 | |  | d. | vitamins K and C | |  | e. | vitamins E, D, and iron |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 4:09 AM | | *DATE MODIFIED:* | 11/30/2023 4:15 AM | |

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| 48. Which of the following vitamins are water-soluble?   |  |  |  | | --- | --- | --- | |  | a. | vitamins A, D, E, and K | |  | b. | vitamins A and B12 | |  | c. | vitamins C and B6 | |  | d. | vitamins K and C | |  | e. | vitamins E, D, and iron |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 4:15 AM | | *DATE MODIFIED:* | 11/30/2023 4:19 AM | |

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| 49. Which of the following statements about oxidative stress is true?   |  |  |  | | --- | --- | --- | |  | a. | It is a brain disease that represents the most common form of dementia and is characterized by memory loss. | |  | b. | It is the first response of the body's immune system to infectious agents, toxins, or irritants. | |  | c. | It is a condition that occurs when cells are exposed to more oxidizing molecules than to antioxidant molecules that neutralize them. | |  | d. | It is a disorder that interferes with the body's utilization of the sugar galactose found in lactose. | |  | e. | It is an event that occurs when a blood vessel in the brain ruptures or becomes blocked. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 4:20 AM | | *DATE MODIFIED:* | 11/30/2023 4:23 AM | |

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| 50. Which of the following food items can be labeled as "enriched"?   |  |  |  | | --- | --- | --- | |  | a. | juice | |  | b. | yogurt | |  | c. | noodles | |  | d. | soda | |  | e. | oranges |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.2 - Read and understand the elements of nutrition labels; you will be able to understand the nutritional value of most food products. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 4:24 AM | | *DATE MODIFIED:* | 11/30/2023 4:27 AM | |

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| 51. By law, low-fat and skim milk must be fortified with:   |  |  |  | | --- | --- | --- | |  | a. | vitamins A and D. | |  | b. | vitamins A and C. | |  | c. | vitamins C and D. | |  | d. | vitamin B12 and iron. | |  | e. | folic acid and iron. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.2 - Read and understand the elements of nutrition labels; you will be able to understand the nutritional value of most food products. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 4:27 AM | | *DATE MODIFIED:* | 11/30/2023 4:36 AM | |

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| 52. Strains of lactobacillus and bifidobacterial that have beneficial effects on the body are called:   |  |  |  | | --- | --- | --- | |  | a. | minerals. | |  | b. | refined elements. | |  | c. | probiotics. | |  | d. | prebiotics. | |  | e. | antibiotics. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.2 - Read and understand the elements of nutrition labels; you will be able to understand the nutritional value of most food products. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 4:37 AM | | *DATE MODIFIED:* | 11/30/2023 4:38 AM | |

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| 53. Which of the following food sources contains probiotics?   |  |  |  | | --- | --- | --- | |  | a. | kefir | |  | b. | beef | |  | c. | gluten | |  | d. | onion | |  | e. | garlic |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.2 - Read and understand the elements of nutrition labels; you will be able to understand the nutritional value of most food products. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 5:14 AM | | *DATE MODIFIED:* | 11/30/2023 5:15 AM | |

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| |  |  |  | | --- | --- | --- | | **Nutrition Facts** | | | | 4 servings per container  Serving Size                                  1/2 cup (80g) | | | | **Amount Per Serving** | | | | **Calories**                                               **340** | | | |  | | **% Daily Value\*** | | **Total Fat** 10g | | **10**% | | Saturated Fat 1g | | **6**% | | *Trans* Fat 0g | |  | | **Cholesterol** 0mg | | **0**% | | **Sodium** 20mg | | **0**% | | ​ | | ​ | | **Total Carbohydrate** 62g | | **20**% | | Dietary Fiber 4g | | 14 % | | Total Sugars 58g | |  | | **Protein** 2g | | 4 % | | Vitamin D 1 mcg | **5 %** | | | Calcium 130 mg | **10 %** | | | Iron 2 mg | **11 %** | | | Potassium 620mg | **18%** | | |

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| 54. What is the percent of calories obtained from protein?   |  |  |  | | --- | --- | --- | |  | a. | 4% | |  | b. | 10% | |  | c. | 12% | |  | d. | 18% | |  | e. | 20% |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *PREFACE NAME:* | Use the given nutrition label to answer question | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.2 - Read and understand the elements of nutrition labels; you will be able to understand the nutritional value of most food products. | | *KEYWORDS:* | Bloom's: Apply | | *DATE CREATED:* | 11/30/2023 5:23 AM | | *DATE MODIFIED:* | 11/30/2023 5:25 AM | |

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| |  |  |  | | --- | --- | --- | | **Nutrition Facts** | | | | 4 servings per container  Serving Size                    1/2 cup (80g) | | | | **Amount Per Serving** | | | | **Calories**                                    **340** | | | |  | | **% Daily Value\*** | | **Total Fat** 10g | | **10**% | | Saturated Fat 1g | | **6**% | | *Trans* Fat 0g | |  | | **Cholesterol** 0mg | | **0**% | | **Sodium** 20mg | | **0**% | | ​ | | ​ | | **Total Carbohydrate** 62g | | **20**% | | Dietary Fiber 4g | | 14 % | | Total Sugars 58g | |  | | **Protein** 2g | | 4 % | | Vitamin D 1 mcg | **5 %** | | | Calcium 130 mg | **10 %** | | | Iron 2 mg | **11 %** | | | Potassium 620mg | **18%** | | |

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| 55. Which mandatory nutrient is missing from the food label?   |  |  |  | | --- | --- | --- | |  | a. | unsaturated fats | |  | b. | vitamin C | |  | c. | zinc | |  | d. | vitamin A | |  | e. | added sugar |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *PREFACE NAME:* | Use the given nutrition label to answer question | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.2 - Read and understand the elements of nutrition labels; you will be able to understand the nutritional value of most food products. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 5:29 AM | | *DATE MODIFIED:* | 11/30/2023 5:32 AM | |

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| |  |  |  | | --- | --- | --- | | **Nutrition Facts** | | | | 4 servings per container  Serving Size                  1/2 cup (80g) | | | | **Amount Per Serving** | | | | **Calories**                            **340** | | | |  | | **% Daily Value\*** | | **Total Fat** 10g | | **10**% | | Saturated Fat 1g | | **6**% | | *Trans* Fat 0g | |  | | **Cholesterol** 0mg | | **0**% | | **Sodium** 20mg | | **0**% | | ​ | | ​ | | **Total Carbohydrate** 62g | | **20**% | | Dietary Fiber 4g | | 14 % | | Total Sugars 58g | |  | | **Protein** 2g | | 4 % | | Vitamin D 1 mcg | **5 %** | | | Calcium 130 mg | **10 %** | | | Iron 2 mg | **11 %** | | | Potassium 620mg | **18%** | | |

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| 56. How many cups of this product would need to be consumed to reach 10 grams of fiber?   |  |  |  | | --- | --- | --- | |  | a. | 1/2 c | |  | b. | 1 c | |  | c. | 1 ¼ c | |  | d. | 1 ½ c | |  | e. | 1 ¾ c |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *PREFACE NAME:* | Use the given nutrition label to answer question | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.2 - Read and understand the elements of nutrition labels; you will be able to understand the nutritional value of most food products. | | *KEYWORDS:* | Bloom's: Apply | | *DATE CREATED:* | 11/30/2023 5:35 AM | | *DATE MODIFIED:* | 11/30/2023 5:38 AM | |

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| 57. Foods permitted for consumption according to Jewish dietary laws:   |  |  |  | | --- | --- | --- | |  | a. | are called kosher foods. | |  | b. | are called halal foods. | |  | c. | exclude caffeinated beverages. | |  | d. | do not include meats. | |  | e. | include pork. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | The Life-Course Approach to Nutrition and Health | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.3 - Cite two examples of how nutrient needs change during the life cycle and how nutritional status at one stage during the life cycle can influence health status during another. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 5:40 AM | | *DATE MODIFIED:* | 11/30/2023 5:41 AM | |

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| 58. Which of the following foods is included in the traditional diet of Native Americans?   |  |  |  | | --- | --- | --- | |  | a. | watermelon | |  | b. | milk | |  | c. | buffalo | |  | d. | flour tortillas | |  | e. | chicken |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.2 - Read and understand the elements of nutrition labels; you will be able to understand the nutritional value of most food products. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 5:43 AM | | *DATE MODIFIED:* | 11/30/2023 5:45 AM | |

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| 59. Which of the following foods has the highest glycemic index?   |  |  |  | | --- | --- | --- | |  | a. | watermelon | |  | b. | jellybeans | |  | c. | potato | |  | d. | hummus | |  | e. | pasta |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Apply | | *DATE CREATED:* | 11/30/2023 5:46 AM | | *DATE MODIFIED:* | 11/30/2023 5:47 AM | |

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| 60. Which of the following terms refers to the interactive method for collecting dietary information that utilizes repeated use of questions to improve the accuracy of information provided by interviewees about the food they ate the previous day?   |  |  |  | | --- | --- | --- | |  | a. | diet narrative | |  | b. | anthropometrics | |  | c. | quantitative testing | |  | d. | multiple pass | |  | e. | 24-hour recall |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Assessment | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.4 - Describe the components of individual level nutrition assessment. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 5:48 AM | | *DATE MODIFIED:* | 11/30/2023 5:49 AM | |

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| 61. The Healthy Eating Index:   |  |  |  | | --- | --- | --- | |  | a. | assigns scores based on the extent to which diets meet recommended standards of intake. | |  | b. | assesses a person's dietary intake based on twelve dietary components. | |  | c. | is primarily used for monitoring an individual's dietary quality. | |  | d. | bases its guidelines on Food and Drug Administration dietary restrictions. | |  | e. | cannot be used for research purposes to assess population dietary quality. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Assessment | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.4 - Describe the components of individual level nutrition assessment. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 6:07 AM | | *DATE MODIFIED:* | 11/30/2023 6:11 AM | |

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| 62. Which of the following dietary assessment methods would be relatively inexpensive to administer and tabulate in epidemiological study?   |  |  |  | | --- | --- | --- | |  | a. | food survey | |  | b. | 24-hour recall | |  | c. | food frequency questionnaire | |  | d. | dietary record | |  | e. | multiple pass |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Assessment | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.4 - Describe the components of individual level nutrition assessment. | | *KEYWORDS:* | Bloom's: Apply | | *DATE CREATED:* | 11/30/2023 6:13 AM | | *DATE MODIFIED:* | 11/30/2023 6:16 AM | |

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| 63. A young child who tires easily and has a short attention span may have blood taken for analyses of hemoglobin and serum ferritin to assess \_\_\_\_\_ levels.  ​   |  |  |  | | --- | --- | --- | |  | a. | calcium | |  | b. | iron | |  | c. | vitamin B | |  | d. | sodium | |  | e. | fiber |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Assessment | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.4 - Describe the components of individual level nutrition assessment. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 6:17 AM | | *DATE MODIFIED:* | 11/30/2023 6:20 AM | |

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| 64.  Continuous assessment of nutritional status of a population for the purpose of detecting changes in malnutrition and of food availability in order to initiate corrective measures is called:   |  |  |  | | --- | --- | --- | |  | a. | the automated multiple-pass method. | |  | b. | biochemical assessment. | |  | c. | anthropometry. | |  | d. | nutrition monitoring. | |  | e. | nutrition surveillance. |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Assessment | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.4 - Describe the components of individual level nutrition assessment. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 6:21 AM | | *DATE MODIFIED:* | 12/4/2023 4:57 AM | |

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| 65. Which of the following statements about national food and nutrition programs is true?   |  |  |  | | --- | --- | --- | |  | a. | The School Lunch Program is the United States' largest food assistance program. | |  | b. | Women with incomes above the poverty line are automatically ineligible for WIC. | |  | c. | None of the USDA food assistance programs have been shown to be cost effective. | |  | d. | The Food Stamp Program subsidizes food purchases of low-income families and individuals. | |  | e. | WIC provides food vouchers for low-income men and women. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Public Food and Nutrition Programs | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.5 - Identify the basic elements of four public food and nutrition programs. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 11/30/2023 6:27 AM | | *DATE MODIFIED:* | 11/30/2023 6:31 AM | |

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| 66. A person with inadequate calcium, vitamin D, and fruit and vegetable consumption is at risk to develop which of the following diseases/conditions?   |  |  |  | | --- | --- | --- | |  | a. | cancer | |  | b. | osteoporosis | |  | c. | iron-deficiency anemia | |  | d. | hypertension | |  | e. | Alzheimer's disease |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 11:46 PM | | *DATE MODIFIED:* | 11/30/2023 11:47 PM | |

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| 67. The Dietary Guidelines for Americans must be updated every:   |  |  |  | | --- | --- | --- | |  | a. | six months. | |  | b. | year. | |  | c. | five years. | |  | d. | ten years. | |  | e. | fifteen years. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition and Health Guidelines for Americans | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.6 - Design a healthy dietary pattern. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 11:48 PM | | *DATE MODIFIED:* | 11/30/2023 11:49 PM | |

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| 68. Which of the following statements is a key message supported by MyPlate and the Dietary Guidelines for Americans?   |  |  |  | | --- | --- | --- | |  | a. | Make at least ¼ of your plate fruits and vegetables. | |  | b. | Eat fewer foods that are high in sodium. | |  | c. | Include oversized portions. | |  | d. | Switch to 2% milk. | |  | e. | Consume more whole grains and less refined grains. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition and Health Guidelines for Americans | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.6 - Design a healthy dietary pattern. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 11/30/2023 11:50 PM | | *DATE MODIFIED:* | 11/30/2023 11:51 PM | |

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| 69. Which of the following readings indicates that a client is experiencing hypertension?   |  |  |  | | --- | --- | --- | |  | a. | blood pressure reading of 140/90 mmHg | |  | b. | blood pressure reading of 120/80 mmHg | |  | c. | blood pressure reading of 110/70 mmHg | |  | d. | blood pressure reading of 90/80 mmHg | |  | e. | blood pressure reading of 100/90 mmHg |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 11/30/2023 11:51 PM | | *DATE MODIFIED:* | 11/30/2023 11:53 PM | |

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| 70. Which of the following choices is a chemical substance found in plants that may have benefits to health?   |  |  |  | | --- | --- | --- | |  | a. | vitamins | |  | b. | minerals | |  | c. | essential fatty acids | |  | d. | phytochemicals | |  | e. | antioxidants |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 11/30/2023 11:56 PM | | *DATE MODIFIED:* | 11/30/2023 11:57 PM | |

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| 71. The unit of measurement that reflects the amount of energy supplied by food is known as:   |  |  |  | | --- | --- | --- | |  | a. | kilocalorie. | |  | b. | gram. | |  | c. | dose. | |  | d. | nutrient load. | |  | e. | carbohydrate. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 11/30/2023 11:57 PM | | *DATE MODIFIED:* | 11/30/2023 11:58 PM | |

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| 72. The conversion of glucose to energy or fat is an example of which of the following types of processes?   |  |  |  | | --- | --- | --- | |  | a. | anabolic | |  | b. | anerobic | |  | c. | metabolic | |  | d. | hydraulic | |  | e. | proteolytic |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 11/30/2023 11:58 PM | | *DATE MODIFIED:* | 12/1/2023 12:08 AM | |

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| 73. A chemical substance that activates enzymes is referred to as a:   |  |  |  | | --- | --- | --- | |  | a. | *trans* fat. | |  | b. | molecule. | |  | c. | reactant. | |  | d. | coenzyme. | |  | e. | co-lipid. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 12/1/2023 12:09 AM | | *DATE MODIFIED:* | 12/1/2023 12:10 AM | |

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| 74. Which of the following statements regarding hydrogenated fats is true?   |  |  |  | | --- | --- | --- | |  | a. | The FDA banned naturally occurring *trans* fats from the food supply. | |  | b. | The FDA banned all *trans* fats from the food supply. | |  | c. | The FDA banned synthetic fats from the food supply. | |  | d. | The FDA banned cis fats from the food supply. | |  | e. | The FDA banned artificial *trans* fats from the food supply. |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 12/1/2023 12:10 AM | | *DATE MODIFIED:* | 12/1/2023 12:11 AM | |

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| 75. Which of the following statements about strokes is true?   |  |  |  | | --- | --- | --- | |  | a. | A stroke occurs when a blood vessel leading to the heart ruptures or becomes blocked. | |  | b. | A stroke is associated with softening of the arteries. | |  | c. | A stroke is linked to low vegetable and fruit intake and excessive alcohol intake. | |  | d. | A stroke is linked to a lacto-ovo dietary pattern. | |  | e. | A stroke occurs when blood pressure is above 140-90. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 12/1/2023 12:11 AM | | *DATE MODIFIED:* | 12/1/2023 12:12 AM | |

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| 76. Which of the following statements about cholesterol is true?   |  |  |  | | --- | --- | --- | |  | a. | Cholesterol is an essential nutrient. | |  | b. | Cholesterol is considered a fatlike compound. | |  | c. | The recommend intake for dietary cholesterol is 500 mg/day. | |  | d. | The body can produce enough cholesterol for needed biological activities. | |  | e. | Dietary sources of cholesterol include beans, lentils, and legumes. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 12/1/2023 12:19 AM | | *DATE MODIFIED:* | 12/1/2023 12:21 AM | |

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| 77. Chemical substances that prevent or repair damage to cells caused by exposure to oxidizing agents are:   |  |  |  | | --- | --- | --- | |  | a. | phytochemicals. | |  | b. | antioxidants. | |  | c. | vitamins. | |  | d. | minerals. | |  | e. | essential nutrients. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 12/1/2023 12:22 AM | | *DATE MODIFIED:* | 12/1/2023 12:23 AM | |

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| 78. Which of the following choices is an essential amino acid?   |  |  |  | | --- | --- | --- | |  | a. | glutamine | |  | b. | arginine | |  | c. | proline | |  | d. | lysine | |  | e. | alanine |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 12/1/2023 12:24 AM | | *DATE MODIFIED:* | 12/1/2023 12:25 AM | |

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| 79. Explain the differences between food frequency questionnaires and dietary records.   |  |  | | --- | --- | | *ANSWER:* | Food frequency questionnaires are semi-quantitative tools used to assess nutrient intake and dietary patterns in a group of people. These questionnaires tend to underestimate food intake and are less likely to identify nutrient and health relationships compared to a quantitative method such as a diet record. | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Subjective Short Answer | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2023 12:26 AM | | *DATE MODIFIED:* | 12/1/2023 12:30 AM | |

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| 80. Describe the challenges with assessing nutritional biomarkers.   |  |  | | --- | --- | | *ANSWER:* | Nutritional biomarker values and reference ranges are affected by many variables including analytical quality performance factors such as accuracy and validity and specimen-related limitations such as stability and storage of the sample. Population characteristics also impact nutritional biomarker assessment and include biological factors such as the impact of fasting and nutrient interactions and health-related factors such as medication in use and the impact of chronic conditions such as heart disease or obesity.  Participant related demographics such as age, sex, ethnicity, etc. also pose challenges for accurately assessing biomarkers. | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Subjective Short Answer | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2023 12:30 AM | | *DATE MODIFIED:* | 12/1/2023 12:33 AM | |

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| 81. There are no “good” or “bad” foods.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2023 12:33 AM | | *DATE MODIFIED:* | 12/1/2023 12:34 AM | |

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| 82. Health problems related to nutrition originate within cells.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.1 - Understand the meaning of the nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2023 12:35 AM | | *DATE MODIFIED:* | 12/1/2023 12:35 AM | |

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| 83. The Nutrition Labeling and Education Act requires that almost all multiple-ingredient foods and dietary supplements be labeled with a Nutrition Facts panel.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.2 - Read and understand the elements of nutrition labels; you will be able to understand the nutritional value of most food products. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2023 12:36 AM | | *DATE MODIFIED:* | 12/1/2023 12:37 AM | |

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| 84. The Nutrition Facts panel was updated in 2016 to remove serving sizes from the packaging.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.2 - Read and understand the elements of nutrition labels; you will be able to understand the nutritional value of most food products. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2023 12:38 AM | | *DATE MODIFIED:* | 12/1/2023 12:38 AM | |

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| 85. Poor nutrition at an early age does not impact nutrition at a later age.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *REFERENCES:* | The Life-Course Approach to Nutrition and Health | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.3 - Cite two examples of how nutrient needs change during the life cycle and how nutritional status at one stage during the life cycle can influence health status during another. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2023 12:39 AM | | *DATE MODIFIED:* | 12/1/2023 12:40 AM | |

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| 86. Loss of land, discrimination, and poverty all contributed to the alterations of the Native American traditional diet.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | The Life-Course Approach to Nutrition and Health | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.3 - Cite two examples of how nutrient needs change during the life cycle and how nutritional status at one stage during the life cycle can influence health status during another. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2023 12:41 AM | | *DATE MODIFIED:* | 12/1/2023 12:41 AM | |

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| 87. A registered dietitian nutritionist is required to pass a national registration examination to provide medical nutrition therapy.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Assessment | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.4 - Describe the components of individual level nutrition assessment. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2023 12:43 AM | | *DATE MODIFIED:* | 12/1/2023 12:44 AM | |

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| 88. Food frequency questionnaires are most commonly used for clinical purposes.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Assessment | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.4 - Describe the components of individual level nutrition assessment. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2023 12:45 AM | | *DATE MODIFIED:* | 12/1/2023 12:46 AM | |

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| 89. Infants born to parents participating in WIC while pregnant are less likely to be small at birth.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Public Food and Nutrition Programs | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.5 - Identify the basic elements of four public food and nutrition programs. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2023 12:47 AM | | *DATE MODIFIED:* | 12/1/2023 12:47 AM | |

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| 90. My Plate encourages healthy eating messages such as to switch to 2% or whole milk.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition and Health Guidelines for Americans | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.24.1.6 - Design a healthy dietary pattern. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2023 12:48 AM | | *DATE MODIFIED:* | 12/1/2023 12:48 AM | |