**1)** Which of the following substances is a nonnutrient that provides energy for the human body?

1) \_\_\_\_\_\_

A) Protein   
 B) Alcohol  
 C) Glucose  
 D) Cholesterol

**Question Details**Bloom's : 1. Remember  
Section : 1.02b Food Energy  
Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, a  
Section : 1.02e What’s a Nonnutrient?

**2)** Which of the top ten leading causes of death in the United States isn't related to diet?

2) \_\_\_\_\_\_

A) Chronic lower respiratory infections   
 B) Cancer  
 C) Diabetes  
 D) Stroke

**Question Details**Bloom's : 1. Remember  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02a Nutrients and Their Major Functions  
Topic : Public health and nutrition  
Learning Objective : 1.01.03 Identify the leading causes of death in the United States and lifestyle  
Activity Type : New

**3)** A serving of food contains 31 g carbohydrate, 6 g protein, 15 g fat, 5 mcg vitamin D, and 225 g of water. Based on this information, a serving of this food supplies \_\_\_\_ kcal.

3) \_\_\_\_\_\_

A) 194   
 B) 87  
 C) 330  
 D) 283

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Bloom's : 4. Analyze  
Topic : Nutrition computations

**4)** Roberto's father died from a condition that's the leading cause of death in the United States. Based on this information, Roberto's father died of \_\_\_\_\_\_.

4) \_\_\_\_\_\_

A) complications from diabetes   
 B) alcohol poisoning  
 C) lung cancer  
 D) heart failure

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 2. Understand  
Section : 1.02a Nutrients and Their Major Functions  
Topic : Public health and nutrition  
Learning Objective : 1.01.03 Identify the leading causes of death in the United States and lifestyle  
Activity Type : New

**5)** A serving of food contains 28 g carbohydrate, 12 g protein, 9 g fat, 50 g of water, 25 mcg vitamin B-12, and 202 mg potassium. Based on this information, a serving of this food supplies \_\_\_\_ kcal.

5) \_\_\_\_\_\_

A) 241   
 B) 190  
 C) 335  
 D) 393

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Bloom's : 4. Analyze  
Topic : Nutrition computations

**6)** In the United States, which of the following practices is highly recommended to reduce the risk of serious chronic diseases, especially premature heart disease?

6) \_\_\_\_\_\_

A) Increasing vitamin D intake   
 B) Quitting smoking  
 C) Eating more fat-free foods  
 D) Taking aspirin daily

**Question Details**Bloom's : 1. Remember  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Learning Objective : 1.01.01 Define all of the key terms in this module.  
Section : 1.02a Nutrients and Their Major Functions  
Topic : Public health and nutrition  
Learning Objective : 1.01.03 Identify the leading causes of death in the United States and lifestyle

**7)** A person's diet is his or her \_\_\_\_\_\_\_.

7) \_\_\_\_\_\_

A) efforts to lose weight by limiting intake of nutrients   
 B) primary risk factor that cannot be modified  
 C) current macronutrient intake  
 D) pattern of usual food selections

**Question Details**Bloom's : 1. Remember  
Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Learning Objective : 1.01.01 Define all of the key terms in this module.  
Section : 1.02a Nutrients and Their Major Functions

**8)** \_\_\_\_\_ is the primary cause of preventable deaths in the United States.

8) \_\_\_\_\_\_

A) Engaging in illegal behavior   
 B) Driving while drunk  
 C) Being physically inactive  
 D) Smoking cigarettes

**Question Details**Bloom's : 1. Remember  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Learning Objective : 1.01.01 Define all of the key terms in this module.  
Section : 1.02a Nutrients and Their Major Functions  
Topic : Public health and nutrition  
Learning Objective : 1.01.03 Identify the leading causes of death in the United States and lifestyle

**9)** Which of the following statements is true?

9) \_\_\_\_\_\_

A) In their natural forms, most of the things we eat are mixtures of various nutrients.   
 B) Milk, bananas, and soybeans are among the few nutritionally perfect foods for humans.  
 C) Broccoli is an energy-dense food.  
 D) According to registered dietitians, people shouldn't eat "junk" foods.

**Question Details**Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 2. Understand  
Section : 1.03a There Are No “Good” or “Bad” Foods  
Learning Objective : 1.03.01 Define all of the key terms in this module.  
Learning Objective : 1.03.02 Classify foods as nutrient dense, energy dense, or high in empty calorie  
Section : 1.03b Variety, Moderation, and Balance Are Features of Healthy Diets  
Learning Objective : 1.03.03 Identify key basic nutrition concepts, including the importance of eatin

**10)** Which of the following conditions is one of the top five leading causes of death in the United States that's related to diet?

10) \_\_\_\_\_\_

A) Stroke   
 B) Suicide  
 C) Kidney disease  
 D) Anemia

**Question Details**Bloom's : 1. Remember  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02a Nutrients and Their Major Functions  
Topic : Public health and nutrition  
Learning Objective : 1.01.03 Identify the leading causes of death in the United States and lifestyle

**11)** Erika is making a recipe from foods that contain the following nutrients: 240 ml water, 50 g fat, 40 g protein, 500 mg vitamin C, 200 g carbohydrate, and 600 mg calcium. Approximately how many kilocalories does the entire product of this recipe provide?

11) \_\_\_\_\_\_

A) 1410   
 B) 1880  
 C) 1550  
 D) 2040

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Bloom's : 4. Analyze  
Topic : Nutrition computations

**12)** A sugar-sweetened, carbonated beverage that contains alcohol supplies 23 g carbohydrate, 1 g protein, 1 g fat, 8 g alcohol, 25 mg vitamin C, and 230 ml water per serving. Based on this information, a serving of this drink supplies \_\_\_\_ kcal.

12) \_\_\_\_\_\_

A) 163   
 B) 161  
 C) 113  
 D) 203

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Activity Type : New  
Bloom's : 4. Analyze  
Topic : Nutrition computations

**13)** A serving of food contains 12 g carbohydrate, 14 g protein, 6 g fat, 5 mg vitamin C, 3 mg iron, and 100 g of water. Based on this information, a serving of this food supplies \_\_\_\_ kcal.

13) \_\_\_\_\_\_

A) 212   
 B) 158  
 C) 456  
 D) 246

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Bloom's : 4. Analyze  
Topic : Nutrition computations

**14)** A serving of food contains 9 g carbohydrate, 2 g protein, 90 ml water, 3 g fat, 25 mcg vitamin A, 2.5 mg niacin, and 0.8 mg iron. Based on this information, a serving of this food supplies \_\_\_\_ kcal.

14) \_\_\_\_\_\_

A) 71   
 B) 125  
 C) 113  
 D) 15

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Bloom's : 4. Analyze  
Topic : Nutrition computations

**15)** A serving of food supplies 25 g carbohydrate, 10 g fat, 8 g protein, and 100 g water. Which of the following statements is true about the serving of this food?

15) \_\_\_\_\_\_

A) Protein provides about 50% of total calories.   
 B) Water provides the most food energy.  
 C) Fat provides the most food energy.  
 D) Carbohydrate provides the most food energy.

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Bloom's : 4. Analyze  
Topic : Nutrition computations

**16)** Which of the following foods is energy dense?

16) \_\_\_\_\_\_

A) Peanut butter   
 B) French fries  
 C) Sweet potato  
 D) Blueberries

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 2. Understand  
Section : 1.03a There Are No “Good” or “Bad” Foods  
Learning Objective : 1.03.01 Define all of the key terms in this module.  
Learning Objective : 1.03.02 Classify foods as nutrient dense, energy dense, or high in empty calorie  
Topic : Food sources

**17)** A sugar-sweetened beverage that contains alcohol supplies 35 g carbohydrate, 1 g protein, 0 g fat, 10 g alcohol, 25 mg vitamin C, and 230 ml water per serving. Based on this information, a serving of this drink supplies \_\_\_\_ kcal.

17) \_\_\_\_\_\_

A) 203   
 B) 214  
 C) 232  
 D) 263

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Activity Type : New  
Bloom's : 4. Analyze  
Topic : Nutrition computations

**18)** Which of the following substances is a phytochemical that is known to relieve some pain when applied to skin?

18) \_\_\_\_\_\_

A) Caffeine   
 B) Cholesterol  
 C) Capsaicin  
 D) Vitamin D

**Question Details**Bloom's : 1. Remember  
Learning Objective : 1.02.01 Define all of the key terms in this module.  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Learning Objective : 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, a  
Section : 1.02e What’s a Nonnutrient?  
Topic : Phytochemicals

**19)** Which of the following statements is true?

19) \_\_\_\_\_\_

A) Regardless of their ages and physical conditions, people don't need to take dietary supplements that include vitamins and minerals.   
 B) To achieve optimal health, you need to match your diet with your blood type, eye color, and other physical characteristics.  
 C) To achieve and maintain good health, people should rely on eating a variety of nutrient-dense foods instead of taking dietary supplements.  
 D) Nutritional needs of healthy people generally don't vary during different life stages, such as infancy and pregnancy.

**Question Details**Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 2. Understand  
Learning Objective : 1.03.03 Identify key basic nutrition concepts, including the importance of eatin  
Section : 1.03d There’s No “One Size Fits All” Approach to Good Nutrition

**20)** Which of the following foods is both energy and nutrient dense?

20) \_\_\_\_\_\_

A) Peanut butter   
 B) French fries  
 C) Blueberries  
 D) Sweet potato

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 2. Understand  
Activity Type : New  
Section : 1.03a There Are No “Good” or “Bad” Foods  
Learning Objective : 1.03.01 Define all of the key terms in this module.  
Learning Objective : 1.03.02 Classify foods as nutrient dense, energy dense, or high in empty calorie  
Topic : Food sources

**21)** A serving of food contains 32 g carbohydrate, 16 g protein, 40 ml of water, 5 g fat, 25 mcg vitamin B-6, 1.2 mg zinc, and 1.8 mg iron. Based on this information, a serving of this food supplies \_\_\_\_ kcal.

21) \_\_\_\_\_\_

A) 185   
 B) 237  
 C) 326  
 D) 250

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Bloom's : 4. Analyze  
Topic : Nutrition computations

**22)** Eating salty foods, sugar-sweetened foods, and fatty beef is associated with increased likelihood of having premature heart disease. Such poor diets are a \_\_\_\_\_\_\_\_ for heart disease.

22) \_\_\_\_\_\_

A) critical determinant   
 B) significant behavior  
 C) risk factor  
 D) predictive action

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 2. Understand  
Learning Objective : 1.01.01 Define all of the key terms in this module.  
Section : 1.02a Nutrients and Their Major Functions  
Topic : Public health and nutrition

**23)** Which of the following foods is the most nutrient dense per serving?

23) \_\_\_\_\_\_

A) Broccoli   
 B) Soft margarine  
 C) Cheese pizza  
 D) Watermelon

**Question Details**Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 3. Apply  
Section : 1.03a There Are No “Good” or “Bad” Foods  
Learning Objective : 1.03.01 Define all of the key terms in this module.  
Learning Objective : 1.03.02 Classify foods as nutrient dense, energy dense, or high in empty calorie

**24)** Which of the following foods is a source of phytochemicals?

24) \_\_\_\_\_\_

A) Soybeans   
 B) Swiss cheese  
 C) Plain yogurt  
 D) Chicken

**Question Details**Learning Objective : 1.02.01 Define all of the key terms in this module.  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 2. Understand  
Learning Objective : 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, a  
Section : 1.02e What’s a Nonnutrient?  
Topic : Phytochemicals

**25)** Which of the following substances is a nutrient that doesn't supply any energy for the human body?

25) \_\_\_\_\_\_

A) Alcohol   
 B) Protein  
 C) Resveratrol  
 D) Vitamin D

**Question Details**Bloom's : 1. Remember  
Section : 1.02b Food Energy  
Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Learning Objective : 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, a  
Section : 1.02e What’s a Nonnutrient?  
Topic : Phytochemicals

**26)** A serving of food supplies 13 g carbohydrate, 7 g protein, 400 ml water, 25 mg vitamin C, and 3 g fat. According to this information, there are \_\_\_\_\_ kilocalories in a serving of this food.

26) \_\_\_\_\_\_

A) 156   
 B) 107  
 C) 136  
 D) 146

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Bloom's : 4. Analyze  
Topic : Nutrition computations

**27)** A serving of a food supplies 6 g carbohydrate, 1 g protein, 8 g fat, 100 mcg copper, and 30 ml of water. Based on this information, a serving of this food supplies \_\_\_\_ kcal.

27) \_\_\_\_\_\_

A) 93   
 B) 83  
 C) 100  
 D) 130

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Activity Type : New  
Bloom's : 4. Analyze  
Topic : Nutrition computations

**28)** A food scientist would like to develop a functional food that includes phytochemicals that may kill harmful microbes and reduce the risk of heart disease and certain cancers. Based on this information, which of the following substances is the scientist most likely to use?

28) \_\_\_\_\_\_

A) Beta-carotene   
 B) Vitamins C and D  
 C) Saponins  
 D) Capsaicin

**Question Details**Learning Objective : 1.02.01 Define all of the key terms in this module.  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Learning Objective : 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, a  
Bloom's : 3. Apply  
Section : 1.02e What’s a Nonnutrient?  
Topic : Phytochemicals  
Learning Objective : 1.03.03 Identify key basic nutrition concepts, including the importance of eatin  
Section : 1.03e Foods and Nutrients Aren’t Cure-Alls

**29)** Which of the following substances are phytochemicals in red, blue, and purple fruits and vegetables that have antioxidant activity?

29) \_\_\_\_\_\_

A) Anthocyanins   
 B) Saponins  
 C) Sterols  
 D) Free radicals

**Question Details**Bloom's : 1. Remember  
Learning Objective : 1.02.01 Define all of the key terms in this module.  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Learning Objective : 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, a  
Activity Type : New  
Section : 1.02e What’s a Nonnutrient?  
Topic : Phytochemicals

**30)** Phyllis is a food scientist who works for a company that manufactures medical products. She wants to prepare a formula diet for people who cannot eat "regular foods." Her formula for a day's supply of the product contains 130 g glucose, 30 g fiber, 50 g fat, 70 g protein, 2300 ml water, and all essential minerals. The Food and Drug Administration didn't approve this product for sale. Why?

30) \_\_\_\_\_\_

A) The product needs to contain a few grams of alcohol.   
 B) The product contains too much water.  
 C) The product lacks vitamins.  
 D) The product needs more fiber.

**Question Details**Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02d What's an Essential Nutrient?  
Learning Objective : 1.02.02 List the six classes of nutrients and identify a major role of each clas  
Bloom's : 4. Analyze

**31)** Which of the following statements is true?

31) \_\_\_\_\_\_

A) A healthy diet has a variety of many different kinds of nutrient-dense foods.   
 B) Peanuts, sunflower seeds, and cashews are rich sources of empty calories.  
 C) High doses of vitamins and minerals help prevent many serious chronic diseases.  
 D) Registered dietitians generally classify foods as either "good" or "junk."

**Question Details**Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 2. Understand  
Section : 1.03a There Are No “Good” or “Bad” Foods  
Learning Objective : 1.03.01 Define all of the key terms in this module.  
Learning Objective : 1.03.02 Classify foods as nutrient dense, energy dense, or high in empty calorie  
Section : 1.03b Variety, Moderation, and Balance Are Features of Healthy Diets  
Learning Objective : 1.03.03 Identify key basic nutrition concepts, including the importance of eatin  
Section : 1.03c Food Is the Best Source of Nutrients and Phytochemicals  
Section : 1.03e Foods and Nutrients Aren’t Cure-Alls

**32)** Which of the following groups of Americans is most at risk of undernutrition?

32) \_\_\_\_\_\_

A) Young women who attend 4-year schools and live on campus   
 B) Women who are pregnant for the first time and have strange food cravings  
 C) Young adults who know which foods are nutrient dense, but they're too busy to shop for and prepare healthy food  
 D) Older adults who are frail and live in long-term care facilities

**Question Details**Learning Objective : 1.02.01 Define all of the key terms in this module.  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 2. Understand  
Section : 1.02g What’s Malnutrition?  
Topic : Demographic trends and statistics

**33)** Which of the following foods is the most nutrient dense per serving?

33) \_\_\_\_\_\_

A) French fries   
 B) Grape drink  
 C) Scrambled egg  
 D) Organic celery

**Question Details**Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 3. Apply  
Section : 1.03a There Are No “Good” or “Bad” Foods  
Learning Objective : 1.03.01 Define all of the key terms in this module.  
Learning Objective : 1.03.02 Classify foods as nutrient dense, energy dense, or high in empty calorie

**34)** Zack is a healthy 10-month-old boy, so his age is a major factor that influences what he eats and drinks.

34) \_\_\_\_\_\_

⊚ true  
 ⊚ false

**Question Details**Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02a Nutrients and Their Major Functions  
Activity Type : New  
Bloom's : 3. Apply  
Learning Objective : 1.01.02 Discuss various factors that can influence a person's food selections.

**35)** How many kilocalories are in a portion of food that contains 9 g protein, 4 g fat, 15 g carbohydrate, 130 mg vitamin C, and 15 ml water?

35) \_\_\_\_\_\_

A) 156   
 B) 118  
 C) 165  
 D) 132

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Bloom's : 4. Analyze  
Topic : Nutrition computations

**36)** Which of the following foods is the most energy dense per four-ounce serving?

36) \_\_\_\_\_\_

A) Frosted doughnut   
 B) Fat-free milk  
 C) Orange juice  
 D) Raw berries

**Question Details**Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 2. Understand  
Section : 1.03a There Are No “Good” or “Bad” Foods  
Learning Objective : 1.03.01 Define all of the key terms in this module.  
Learning Objective : 1.03.02 Classify foods as nutrient dense, energy dense, or high in empty calorie  
Learning Objective : 1.03.03 Identify key basic nutrition concepts, including the importance of eatin

**37)** Which of the following fast food menu items contains a lot of empty calories?

37) \_\_\_\_\_\_

A) 100% orange juice   
 B) Fried onion rings  
 C) Garden salad  
 D) Roast chicken sandwich

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 2. Understand  
Section : 1.03a There Are No “Good” or “Bad” Foods  
Learning Objective : 1.03.01 Define all of the key terms in this module.  
Learning Objective : 1.03.02 Classify foods as nutrient dense, energy dense, or high in empty calorie  
Topic : Food sources

**38)** Anna is preparing a meatloaf that serves two people. Each serving of the food contains 12 g carbohydrate, 24 g protein, 15 g fat, 5 mcg vitamin B-12, 3 mg iron, and 100 ml of water. Based on this information, a serving of this food supplies \_\_\_\_ kcal.

38) \_\_\_\_\_\_

A) 346   
 B) 482  
 C) 279  
 D) 502

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Activity Type : New  
Bloom's : 4. Analyze  
Topic : Nutrition computations

**39)** Gabriella is a food scientist who has discovered a chemical in whole grains, fruits, and other commonly eaten foods that has antioxidant functions. This chemical is a new vitamin, if it \_\_\_\_\_.

39) \_\_\_\_\_\_

A) cannot be made by the body   
 B) is in other foods that people usually eat  
 C) is unsafe to consume in high amounts  
 D) results in a deficiency disease when it's not in diets

**Question Details**Learning Objective : 1.02.01 Define all of the key terms in this module.  
Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Learning Objective : 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, a  
Section : 1.02d What's an Essential Nutrient?  
Bloom's : 4. Analyze

**40)** Jerome takes very high doses of vitamins and minerals. As a result of his behavior, Jerome is likely to develop \_\_\_\_\_\_\_\_.

40) \_\_\_\_\_\_

A) overnutrition   
 B) undernutrition  
 C) micronutrient malabsorption  
 D) antioxidant toxicity

**Question Details**Learning Objective : 1.02.01 Define all of the key terms in this module.  
Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 3. Apply  
Section : 1.02g What’s Malnutrition?

**41)** An essential nutrient \_\_\_\_\_\_\_.

41) \_\_\_\_\_\_

A) is only in foods from natural sources   
 B) is made by your body  
 C) performs several vital functions in your body  
 D) must be supplied by your diet

**Question Details**Bloom's : 1. Remember  
Learning Objective : 1.02.01 Define all of the key terms in this module.  
Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Learning Objective : 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, a  
Section : 1.02d What's an Essential Nutrient?

**42)** Which of the following substances is a nutrient that provides energy for humans?

42) \_\_\_\_\_\_

A) Vitamin D   
 B) Caffeine  
 C) Fat  
 D) Alcohol

**Question Details**Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 2. Understand  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Learning Objective : 1.02.02 List the six classes of nutrients and identify a major role of each clas

**43)** Yamiche is a biochemist with a company that manufactures substances that can be added to foods to improve their flavor. She's discovered a chemical that she called "Agent X" in beet juice. Agent X prevents human cell membranes from being damaged by highly unstable substances that are in the environment. Based on this information, Agent X is a (an) \_\_\_\_\_\_\_.

43) \_\_\_\_\_\_

A) risk factor   
 B) supplement  
 C) antioxidant  
 D) free radical

**Question Details**Learning Objective : 1.02.01 Define all of the key terms in this module.  
Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 3. Apply  
Section : 1.02e What’s a Nonnutrient?  
Topic : Phytochemicals  
Learning Objective : 1.02.05 Explain the importance of supplying the body with antioxidants.

**44)** Which of the following nutrients is the most essential for life?

44) \_\_\_\_\_\_

A) Calcium   
 B) Vitamin D  
 C) Protein  
 D) Water

**Question Details**Bloom's : 1. Remember  
Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Learning Objective : 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, a  
Section : 1.02d What's an Essential Nutrient?

**45)** Which of the following substances is a nutrient that's needed by the body but it doesn't provide any calories?

45) \_\_\_\_\_\_

A) Protein   
 B) Beta-carotene  
 C) Glucose  
 D) Water

**Question Details**Section : 1.02b Food Energy  
Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 2. Understand  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.02 List the six classes of nutrients and identify a major role of each clas

**46)** A 6-ounce serving of a beverage contains 450 ml water, 15 g carbohydrate, and 7 g alcohol. Alcohol supplies about \_\_\_\_ percent of the drink's total calories.

46) \_\_\_\_\_\_

A) 95   
 B) 115  
 C) 35  
 D) 45

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Topic : Nutrition computations  
Bloom's : 3. Apply

**47)** Which of the following nutrients provides energy for humans?

47) \_\_\_\_\_\_

A) Potassium   
 B) Protein  
 C) Thiamin  
 D) Vitamin C

**Question Details**Section : 1.02b Food Energy  
Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 2. Understand  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Learning Objective : 1.02.02 List the six classes of nutrients and identify a major role of each clas

**48)** Metabolism is \_\_\_\_\_\_\_\_.

48) \_\_\_\_\_\_

A) the rate at which cells produce energy   
 B) a form of energy  
 C) a way of living  
 D) the total of all chemical changes that occur in cells

**Question Details**Bloom's : 1. Remember  
Learning Objective : 1.02.01 Define all of the key terms in this module.  
Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02a Nutrients and Their Major Functions

**49)** Which of the following foods is naturally a rich source of phytochemicals?

49) \_\_\_\_\_\_

A) Salmon   
 B) Red pepper  
 C) Fat-free milk  
 D) Mayonnaise

**Question Details**Learning Objective : 1.02.01 Define all of the key terms in this module.  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 2. Understand  
Learning Objective : 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, a  
Section : 1.02d What's an Essential Nutrient?  
Topic : Phytochemicals

**50)** Will ate a hamburger that supplied his body with 600 \_\_\_\_.

50) \_\_\_\_\_\_

A) kilocalories   
 B) thermals  
 C) milligrams  
 D) bytes

**Question Details**Bloom's : 1. Remember  
Section : 1.02b Food Energy  
Learning Objective : 1.02.01 Define all of the key terms in this module.  
Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic

**51)** Which of the following substances has known antioxidant functions? (Check all that apply.)

51) \_\_\_\_\_\_

A) Capsaisin   
 B) Isoflavonoids  
 C) Anthocyanins  
 D) Resveratol

**Question Details**Learning Objective : 1.02.01 Define all of the key terms in this module.  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Bloom's : 2. Understand  
Learning Objective : 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, a  
Activity Type : New  
Section : 1.02e What’s a Nonnutrient?  
Topic : Phytochemicals  
Learning Objective : 1.02.05 Explain the importance of supplying the body with antioxidants.

**52)** McKenzie's mother died of \_\_\_\_\_\_, which is a leading cause of death in the United States that's often related to diet.

52) \_\_\_\_\_\_

A) chronic upper respiratory disease   
 B) kidney disease  
 C) cystic fibrosis  
 D) iron-deficiency anemia

**Question Details**Bloom's : 1. Remember  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02a Nutrients and Their Major Functions  
Topic : Public health and nutrition  
Learning Objective : 1.01.03 Identify the leading causes of death in the United States and lifestyle

**53)** A serving of food supplies 18 g protein, 10 g carbohydrate, 7 g fat, 18 mg vitamin E, 2 mg iron, and 100 g water. Which of the following statements is true about the serving of this food?

53) \_\_\_\_\_\_

A) Protein provides 41% of the total calories.   
 B) Fat provides 23% of the total calories.  
 C) Vitamin E provides 10% of the total food energy.  
 D) Carbohydrate provides 36% of the total food energy.

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Bloom's : 4. Analyze  
Topic : Nutrition computations

**54)** Which of the following nutrients is a micronutrient?

54) \_\_\_\_\_\_

A) Vitamin C   
 B) Water  
 C) Sugar  
 D) Cholesterol

**Question Details**Bloom's : 1. Remember  
Learning Objective : 1.02.01 Define all of the key terms in this module.  
Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri

**55)** Javon is 16 years of age. Which of the following factors is highly likely to influence what he eats?

55) \_\_\_\_\_\_

A) His closest friends   
 B) His access to medical care  
 C) His academic performance  
 D) His cooking skills

**Question Details**Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02a Nutrients and Their Major Functions  
Activity Type : New  
Bloom's : 3. Apply  
Learning Objective : 1.01.02 Discuss various factors that can influence a person's food selections.

**56)** A sugar-sweetened beverage contains 25 g carbohydrate, 5 g protein, 2 g fat, 5 g alcohol, 25 mg vitamin C, and 240 ml water per serving. Based on this information, a serving of this drink supplies \_\_\_\_ kcal.

56) \_\_\_\_\_\_

A) 87   
 B) 173  
 C) 117  
 D) 152

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Bloom's : 4. Analyze  
Topic : Nutrition computations

**57)** A sugar-sweetened beverage contains 30 g carbohydrate, 1 g protein, 0 g fat, 15 g alcohol, 25 mg vitamin C, and 230 ml water per serving. Based on this information, a serving of this drink supplies \_\_\_\_ kcal.

57) \_\_\_\_\_\_

A) 317   
 B) 229  
 C) 152  
 D) 105

**Question Details**Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Activity Type : New  
Bloom's : 4. Analyze  
Topic : Nutrition computations

**58)** A serving of food contains 18 g carbohydrate, 7 g protein, 10 g fat, 2 mcg vitamin B-12, and 60 mg iron. Based on this information, how many kcal does a serving of this food provide?

58) \_\_\_\_\_\_

A) 190   
 B) 126  
 C) 116  
 D) 110

**Question Details**Learning Objective : 1.02.01 Define all of the key terms in this module.  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.03 Calculate the caloric value of a serving of food based on its macronutri  
Bloom's : 4. Analyze  
Topic : Nutrition computations

**59)** Which of the following nutrients is a macronutrient?

59) \_\_\_\_\_\_

A) Carbohydrate   
 B) Alcohol  
 C) Vitamin D  
 D) Water

**Question Details**Bloom's : 1. Remember  
Section : 1.02b Food Energy  
Topic : Nutrition basics  
Accessibility : Keyboard Navigation  
Gradable : automatic  
Section : 1.02c Macronutrients and Micronutrients  
Learning Objective : 1.02.02 List the six classes of nutrients and identify a major role of each clas

**Answer Key**Test name: Schiff3e\_TB\_Unit 01

1) B

2) A

3) D

4) D

5) A

6) B

7) D

8) D

9) A

10) A

11) A

12) B

13) B

14) A

15) D

16) B

17) B

18) C

19) C

20) A

21) B

22) C

23) A

24) A

25) D

26) B

27) C

28) C

29) A

30) C

31) A

32) D

33) C

34) TRUE

35) D

36) A

37) B

38) C

39) D

40) A

41) D

42) C

43) C

44) D

45) D

46) D

47) B

48) D

49) B

50) A

51) [B, C, D]

52) B

53) A

54) A

55) A

56) B

57) B

58) A

59) A