

Name: _____

Date: _____

- 1 Pat wants to lose weight. He has decided to exercise more and reduce his caloric intake. Which of the following meals would have the LEAST amount of calories?
 - A Slice of cheese pizza, Apple, Water
 - B Plain baked potato, Green pepper, Water
 - C Hamburger with lettuce, Apple, Whole milk
- 2 The human body needs _____ to aid digestion, regulate temperature, carry vitamins and minerals to the parts of the body, and help remove waste from the kidneys.
 - A fiber
 - B sugar
 - C vitamins
 - D water
- 3 After completing her physical, Wanda's doctor told her that she should eat more fiber to help balance her body's sugar levels. When you see her in the cafeteria, she asks you if you could help her eat the right foods.

Of the following foods, which would you tell her to eat to increase her fiber intake?

 - A Vegetables, fruits, beans, whole wheat bread
 - B Dairy products like milk and cheese
 - C Meats, eggs, and poultry
 - D Fish, oils, and shellfish
- 4 Substances found in food that allow the body to function properly
 - A Metabolism
 - B Deficient
 - C Calories
 - D Nutrients
- 5 Calories measure what?
 - A The amount of energy required to make the body produce one gram of fat
 - B The amount of energy the body uses to burn one gram of fat
 - C The amount of energy required to raise one kilogram of water one degree Celsius

- 6 Too much cholesterol harms the body by _____.
A sticking to artery walls and restricting blood flow
B interfering with the body's ability to regulate sugars
C blocking the body from absorbing nutrients
D inhibiting the ability of the red blood cells to carry oxygen
- 7 Which of the following is the main killer of Americans?
A Lung cancer
B Breast cancer
C Cardiovascular disease
- 8 Which of these statements concerning malnourished people are true? (Input all that apply, then push the ENTER button.)
A They don't have adequate nutrient consumption.
B They often live in poverty.
C They often have protein malnutrition.
- 9 A carbohydrate that is formed by the body or by plants after the conversion of simple carbohydrates, which supplies the body with long-term energy
A Simple Carbohydrates
B Water Soluble Vitamin
C Complex Carbohydrates
D Referenced Daily Intake (RDI)
- 10 An oil or fat that is liquid at room temperature and is low in hydrogen, which can lower the level of blood
A Polyunsaturated Fats
B Monounsaturated Fats
C Amino Acids
D Fat Soluble Vitamin
E Saturated Fats
- 11 Which of these vitamins or minerals is paired incorrectly with its function?
A Iron: healthy blood
B Calcium: strong bones and teeth
C Vitamin B complex: energy conversion
D Vitamin D: maintenance of eyes and skin

- 12 The most common cause of malnutrition is _____.
A poverty
B unawareness of nutritional needs
C diseases that prevent absorption of nutrients
D crop failure from famine or drought
- 13 A person who repeatedly overeats then vomits in an attempt to be thin is suffering from _____.
A amenorrhea
B anorexia
C bulimia
D obesity
- 14 A person with _____, though significantly underweight, fears being fat and therefore has an aversion to food.
A bulimia
B anorexia
C hypoglycemia
D bingeing disorder
- 15 Which of the following are obstacles to eating a healthy diet? (Input all that apply, then push the ENTER button.)
A low finances
B busy schedules
C diverse family schedules
- 16 Which of the following statements about anorexia and bulimia is correct?
A Anorexia and bulimia are common in today's society.
B You cannot die from anorexia or bulimia.
C Anorexia and bulimia are psychological disorders.
D Anorexia and bulimia affect your entire body.
- 17 If necessary, to meet _____ needs the body will pull from _____.
A fluoride; hemoglobin
B fluoride; bones
C calcium; bones

- 18 An aversion to food syndrome; an eating disorder characterized by an extreme (prolonged) loss of appetite and very decreased food intake
- A Bulimia
 - B Amenorrhea
 - C Episodic
 - D Anorexia Nervosa
 - E Diuretic
 - F Electrolyte
 - G Esophageal
- 19 Food, medication, etc., that promotes or tends to increase the excretion of urine
- A Bulimia
 - B Amenorrhea
 - C Episodic
 - D Anorexia Nervosa
 - E Diuretic
 - F Electrolyte
 - G Esophageal
- 20 Most Americans receive more than two-thirds of their protein from _____ but most of it should come from _____.
- A animal sources, plant sources
 - B fatty meats, lean meats
 - C simple carbohydrates, complex carbohydrates
 - D saturated fats, monounsaturated and polyunsaturated fats

| Question: | Answer |
|-----------|--------|
| 1 | B |
| 2 | D |
| 3 | A |
| 4 | D |
| 5 | C |
| 6 | A |
| 7 | C |
| 8 | ABC |
| 9 | C |
| 10 | B |
| 11 | D |
| 12 | A |
| 13 | B |
| 14 | B |
| 15 | ABC |
| 16 | ACD |
| 17 | C |
| 18 | D |
| 19 | E |
| 20 | A |