## **NUTRITION TEST**

V	Multiple Choice					
1. A source of simple carbohydrates is						
	a. seeds	c. fruits				
	b. brown rice	d. potatoes				
	o. blown nec	d. polatoes				
2.	The risk of obesity, heart disease, & cancer is increased by a diet high in					
	a. fat	c. cholesterol				
	b. saturated fat					
	o. saturated fat	d. all of the above				
3.	Vitamin is an examr	ole of a fat soluble vitamin.				
	a. A	c. C				
	b. B	d. none of the above				
	0. Б	d. Holle of the above				
4.	Essential amino acids					
	a. are vitamins that dissolve in fat.					
	b. are the nine amino acids the body cannot produce					
	c. come from grains, legi	imes nuts and soods				
	d. are units of energy pro	duced by protein				
	d. are units of energy pro	duced by protein.				
5.	Unsaturated fat is in the fo	orm of at room temperature				
	a. liquid	c. gas				
	b. solid	d. none of the above				
	o. sond	d. Holle of the above				
6.	High calcium cheese conta	ins				
		a. 3 grams of calcium (or more) per serving				
	b. 20% or more of the Da	ily Value				
	c. more than .5 grams of	calcium per serving				
	d. no more than 60 millig	rams of calcium per serving				
7.	provid	le few vitemine & minerale and and 1.1.				
	a. Fruits	le few vitamins & minerals and are high in sugars and fats.				
		v booms				
	b. Meats, poultry, fish, dr					
	c. Milk, yogurt, & cheese					
	d. Fats, oils, & sweets					
8	The only way to get all the	nutriente vien need :-				
٠.	a. to drink alcohol in mod	nutrents you need is				
	b. to eat a combination of					
	c. to eat the same foods or	ver and over again				
	d. to eat a vegetarian diet					
9 '	The recommended and					
).	a 50	of protein for males is grams.				
	a. 50	2. 63				
	b. 70	d. 90				

1	0 to	mg. of sodium is an adequate amount of sodium in a				
pe	erson's diet.					
	a. 1000-3000	c. 50-75				
	b. 6000-12000	d. 150-175				
1	1. Anemia is defined as a	lack of in the diet.				
	a. sodium	c. calcium				
	b. iron	d. protein				
Parameter						
12	12. Saturated fats come from					
	a. plants					
	b. processed foods	d. none of the above				
13		is made up of 75% water.				
	a. Fruits	c. Meats				
	b. Grains	d. Poultry				
14. All of the following are sources of calories except						
	a. protein	c. fats				
	b. vitamins	d. carbohydrates				
1.0						
15. The body's preferred source of energy is						
	a. carbohydrates					
	b. vitamins	d. protein				
1.6	A 41-41-1-1-					
10	A diet high in	S 1				
	a. iron b. sodium	c. protein				
	b. sodium	d. calcium				
17	17. The most common form of fat circulating in the body is					
1 /	a. saturated					
	b. cholesterol	c. unsaturated				
	o. cholesterol	d. triglyceride				
Tr	ue/False					
Vitamin B12 is a good source of energy.						
	= == 12 ti good 50	aree or energy.				
2.	2. A person can survive longer without water than he can without certain vitamins and					
mii	nerals.	without certain vitainins and				
3. Complex carbohydrates provide one with short term energy.						
4. Protein is the body's preferred energy source.						

- 5. Essential amino acids are amino acids that the adult body can synthesize in adequate amounts.
- 6. Males need more protein than females.
- 7. Fat soluble vitamins can be taken in excess without any danger.
- 8. Unsaturated fat is solid at room temperature.
- 9. The simplest form of carbohydrates is sugar.
- 10. If an excess amount of protein is ingested, it is converted to waste and is removed from the body.
- 11. A vegetarian is unable to consume all of the essential amino acids.
- 12. Excess iron may increase the risk of heart disease.
- 13. "My Pyramid" is the same for everyone.

## Matching

1. Interesting		
A. Calorie	B. Protein	C. Amino Acids
D. Incomplete Protein	E. Complete Protein	F. Fat
G. Saturated Fat	H. Unsaturated Fat	I. Water
J. Cholesterol	K. Enriched	L. Fortification
M. More	N. Triglyceride	O. Fresh
P. Natural	Q. Nutrients	R. RDA
S. Empty-calorie Foods	T. Expiration Date	U. Freshness Date
V. Sell Date	W. Less	o. Tresimess Date

- 1. A type of fat from plant products and is liquid at room temperature.
- 2. A protein from plant sources that does not contain all of the essential amino acids.
- 3. A fat-like substance made by the body and found in certain foods.
- 4. The building blocks of protein.
- 5. A unit of energy that is received from food.
- 6. Food label that requires the food to contain 25% less of a nutrient or of calories than a comparable food.
- 7. A nutrient that provides energy and helps the body store and use vitamins.
- 8. A nutrient that is involved with all body processes, makes up the basic part of the blood, and helps with waste removal.
- 9. Food label that requires the food to contain 10% or more of a nutrient or of calories than a comparable food.
- 10. A type of fat from dairy products & is solid at room temperature.
- 11. The process of adding certain nutrients not naturally present.
- 12. A nutrient that is needed for growth & repair.

- 13. A protein that contains all of the essential amino acids.
- 14. Foods that have little or no nutritional value.
- 15. Only foods that are raw, unprocessed, contain no preservatives, and have never been frozen or heated.
- 16. The food is minimally processed with no artificial for synthetic ingredients. Used for meat & poultry only.
- 17. Suggests the amounts of 19 essential nutrients that most people need daily to stay healthy.
- 18. Substances in food that the body needs to function properly.
- 19. Last date product should be sold.
- 20. Last date you should use or consume the product.
- 21. Last date a food is thought to be fresh.
- 22. Nutrients lost in processing are added back.
- 23. Most common form of fat circulating in the body.

## **Short Answer**

- 1. Of the diets studied, which diet is based on a point system?
- 2. What are the experts saying about the Atkins Diet?
- 3. How is the South Beach Diet similar to the Atkins Diet?
- 4. What is the emphasis of the Subway diet?
- 5. What are some negatives of the Jenny Craig Diet?
- 6. What is the most effective way to lose weight?
- 7. List 3 differences in the old food guide pyramid as compared to the MyPyramid.