

# Test bank for Nutrition Now 6th Edition by Judith E Brown

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## Unit 2--The Inside Story about Nutrition and Health

Student: \_\_\_\_\_

1. Genetic traits exert a stronger influence on overall health and longevity than lifestyle behaviors.

True False

2. People in the United States typically choose a diet that is high in fat, sugar, and low in fiber.

True False

3. Countries that adopt a Western diet generally experience an increase in malnutrition.

True False

4. Americans have the highest life expectancy in the world.

True False

5. Chronic disease is unavoidable for people living in Westernized countries, such as the United States of America.

True False

6. MyPyramid is an updated version of the five basic food groups.

True False

7. Humans are born with the ability to select a healthy, well-balanced diet.

True False

8. Dietary habits which conform to the eating patterns recommended by MyPyramid are related to a reduced risk of chronic diseases.

True False

9. Consuming a diet low in fruits and vegetables increases a person's risk for cancer.

True False

10. Obesity is caused by eating whole-grain products and whole fruit.

True False

11. Genes are affected by food or the components of food.

True False

12. Match the following.

- |                           |   |       |
|---------------------------|---|-------|
| 1. diabetes               | A brain disease that represents the most common form of dementia  | _____ |
| 2. oxidative stress       | chemical substances that prevent or repair damage to cells caused by oxidizing agents   | _____ |
| 3. osteoporosis           | slow-developing, long-lasting diseases that are not contagious  | _____ |
| 4. cirrhosis of the liver | degeneration of the liver, usually caused by excessive alcohol intake over a number of years                                    | _____ |
| 5. antioxidants           | the first response of the body's immune system to infectious agents, toxins, or irritants that can last weeks, months, or years | _____ |
| 6. hypertension           | a disease characterized by abnormal utilization of glucose by the body and elevated blood glucose levels                        | _____ |
| 7. stroke                 | chemical substances that are missing electrons  | _____ |
| 8. chronic inflammation   | chronic high blood pressure   | _____ |
| 9. Alzheimer's disease    | a condition in which bones become fragile and susceptible to fracture due to a loss of calcium and other minerals               | _____ |
| 10. free radicals         | a condition when cells are exposed to fewer antioxidant molecules than to free radicals   | _____ |
| 11. chronic diseases      | the event that occurs when a blood vessel in the brain suddenly ruptures or becomes blocked                                     | _____ |

13. A high amount of processed meats in the diet is associated with the development of which of the following diseases?

- A. Alzheimer's disease
- B. Osteoporosis
- C. Cancer
- D. Irritable bowl syndrome

14. Which of the following nutrients is indicated by research to help reduce the risk of developing Alzheimer's disease in genetically susceptible adults?

- A. Iron
- B. Omega-3 fatty acids
- C. Calcium
- D. B<sub>12</sub>

15. Biological processes in the modern human body that helped ensure the survival of our hunter-gatherer ancestors include:

- A. the ability to conserve sodium.
- B. a digestive tract suited for high-fiber foods.
- C. the ability to survive periods of famine.
- D. All of the above

16. Which of the following is an uncontrollable risk factor in developing chronic disease?

- A. Age
- B. Exercise habits
- C. Smoking
- D. Diet

17. Which of the following factors has not helped reduce the rates of heart disease deaths in the U.S. over the last 25 years?

- A. A reduction in the proportion of people who smoke
- B. A decline in hypertension and cholesterol levels
- C. An increase in cases of obesity and diabetes
- D. Medical interventions for people with heart disease

18. Which of the following countries has the highest life expectancy?

- A. Japan
- B. United States
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19. Which of the following is the top cause of death in the United States?

- A. Kidney disease
- B. Stroke
- C. Heart disease
- D. Cancer
- E. Accidents

20. All of the following chronic diseases are more likely to occur in a person with excessive levels of body fat **except**:
- A. diabetes.
  - B. osteoporosis.
  - C. hypertension.
  - D. some cancers.
21. All of the following are uncontrollable risk factors in the development of chronic disease **except**:
- A. age.
  - B. gender.
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22. Which of the following is not a nutrition objective for the nation from *Healthy People 2010*?
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  - C. Increase food security
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  - B. Mixed salad greens
  - C. A pastry made with *trans* fat
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26. All of the following are correct about the human body **except**:

- A. our bodies have changed considerably in the last 40,000 years.
- B. the human body does best on a low-fat, low-sugar diet.
- C. the human body does best on a high-fiber, low-sodium diet.
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- B. Milk chocolate
- C. Cheddar cheese
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28. Goals to improve the diet of all U.S. citizens include:

- A. increased intake of plant foods.
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29. All of the following would be recommended to someone trying to adopt a healthier lifestyle **except**:

- A. Eat a variety of vegetables every day.
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- C. Eat less refined sugar.
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30. Cirrhosis of the liver is caused by an overall poor diet and excess consumption of\_\_\_\_\_.

- A. red meat
- B. peanuts
- C. alcohol
- D. grilled foods

31. Which of the following foods most resembles what early human ancestors would have eaten?

- A. Fortified breakfast cereals
- B. Granola bars
- C. Chicken soup
- D. Carrots

32. Dietary patterns connected to hypertension include all of the following **except**:

- A. high sodium intake.
- B. high alcohol intake.
- C. high potassium intake.
- D. low vegetable and fruit intakes.

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- A. low vegetable and fruit intakes.
- B. excessive alcohol intake.
- C. high fiber intake.
- D. high animal fat intake.

34. Shared dietary risk factors, including low intake of vegetables, fruits, and whole grains and excessive intake of calories and animal fats, are associated with what condition?

- A. Insomnia
- B. Eating disorders
- C. Chronic inflammation and oxidative stress
- D. Impaired growth

35. Dietary patterns connected to cancer include all of the following **except**:

- A. regular consumption of processed meats.
- B. excessive alcohol intake.
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- D. low sodium intake.

36. Which of the following factors promote wellness and heart health?

- A. A nutritious diet
- B. Laughter and a sense of humor
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37. The MyPyramid Food Guide recommends that people consume foods in their most \_\_\_\_\_ forms.

- A. convenient
- B. nutrient-dense
- C. energy-dense
- D. processed

38. Dietary factors associated with type 2 diabetes include all of the following **except**:

- A. high caffeine intake.
- B. high intake of energy-dense, low-nutrient quality foods.
- C. high saturated fat intake.
- D. low intake of fruits and vegetables.

39. Which of the following factors has the greatest impact on physical health?

- A. Lifestyle
- B. Genetic makeup
- C. Environmental exposure to toxins
- D. Lack of quality health care

40. Seventy years ago the dietary factor that most contributed to diseases and deaths was \_\_\_\_\_.

- A. nutrient overdose
- B. nutrient deficiencies
- C. excess body fat
- D. over exercising

41. Excessive alcohol intake is associated with which of the following conditions?

- A. Stroke
- B. Cancer
- C. Hypertension
- D. All of the above

42. 50% of Americans die from what two causes of death?

- A. Heart disease and HIV
- B. Lung disease and cancer
- C. Heart disease and cancer
- D. Stroke and accidents

43. Approximately 50% of the U.S. population is susceptible to increased blood cholesterol levels with a high intake of dietary cholesterol. This is an example of:

- A. the interaction between diet and genes to influence health.
- B. chronic inflammation and chronic stress.
- C. hypertension.
- D. the relationship between aging and disease development.

44. Which of the following foods are characteristic of the Western-type diet?

- A. Broiled fish and seafood
- B. Pastries, cookies, and cakes
- C. Dark green and root vegetables
- D. Dried beans and rice

45. Which of the following dietary practices reduces inflammation and oxidative stress?

- A. Eating a variety of meats daily
- B. Eating whole-fat dairy products daily
- C. Eating a variety of fruits and vegetables daily
- D. Eating plenty of low-sodium snack foods with *trans* fats

46. Sulforaphane is a compound found in cabbage family vegetables which interacts with human \_\_\_\_\_ to help prevent cancer.

- A. genes
- B. hair
- C. nerve tissue
- D. muscle tissue

47. Which food group in MyPyramid do brown and white rice belong to?

- A. Grains
- B. Fruits
- C. Vegetables
- D. Protein

48. Which food group in MyPyramid does peanut butter belong to?

- A. Grains
- B. Dairy
- C. Vegetables
- D. Protein

49. Which food group in MyPyramid do sweet potatoes belong to?

- A. Grains
- B. Fruits
- C. Vegetables
- D. Protein

## 50. Case Study 2-1

Ellen and Jane are roommates who are taking a health and nutrition course at their university. After completing their health family tree projects they each discover that they both have genetic tendencies toward several chronic diseases.

Ellen learned that she has a family history of colon cancer, osteoporosis, and hypertension. Jane learned that she has a family history of heart disease, type 2 diabetes, and obesity. The roommates discuss lifestyle changes that they can make to reduce their risks of developing these chronic diseases. Help Ellen and Jane make the right decisions for taking care of their health and nutrition by answering the following multiple-choice question(s).

Refer to Case Study 2-1. What types of foods can Ellen consume to help increase her calcium intake and reduce her risk of osteoporosis?

- A. Whole-grain breads
- B. Low-fat dairy products fortified with vitamin D
- C. Chicken and pork
- D. Mixed berries and nuts

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Refer to Case Study 2-1. What would be the best ways for Ellen to reduce her chances of developing hypertension?

- A. Reduce her red meat intake
- B. Increase her intake of fresh fruits, vegetables, and low-fat dairy products
- C. Increase her intake of canned vegetables
- D. Look for low-sodium crackers and processed snacks

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Ellen and Jane are roommates who are taking a health and nutrition course at their university. After completing their health family tree projects they each discover that they both have genetic tendencies toward several chronic diseases.

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Refer to Case Study 2-1. Jane has learned that the chronic diseases she is genetically susceptible to are all \_\_\_\_\_.

- A. related
- B. preventable
- C. associated with excessive body fat
- D. All of the above

## 53. Case Study 2-1

Ellen and Jane are roommates who are taking a health and nutrition course at their university. After completing their health family tree projects they each discover that they both have genetic tendencies toward several chronic diseases.

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Refer to Case Study 2-1. What would be the best dietary changes for Jane to make to prevent the chronic diseases that she is genetically susceptible to?

- A. Decreasing her intake of high-protein, low-fat foods
- B. Choosing high-animal protein diet and eliminating fruits and grains from her diet
- C. Selecting a weight-loss diet program that replaces meals with protein shakes
- D. Decreasing her intake of high-animal fat, high-sugar foods and increasing her intake of fresh fruits and vegetables

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Refer to Case Study 2-1. Ellen would like to be proactive in reducing her risk of cancer. What specific change can she make to her diet to reduce her risk?

- A. Decrease her intake of whole grains
- B. Increase her alcohol intake
- C. Decrease her intake of high-fat and processed meats
- D. Increase her intake of whole milk and cheese

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Ellen learned that she has a family history of colon cancer, osteoporosis, and hypertension. Jane learned that she has a family history of heart disease, type 2 diabetes, and obesity. The roommates discuss lifestyle changes that they can make to reduce their risks of developing these chronic diseases. Help Ellen and Jane make the right decisions for taking care of their health and nutrition by answering the following multiple-choice question(s).

Refer to Case Study 2-1. In addition to making dietary changes, what else can Jane and Ellen do to be proactive in reducing their risk of developing chronic diseases?

- A. Exercise regularly
- B. Reduce stress by practicing healthy relaxation techniques
- C. Quit smoking or do not start smoking
- D. All of the above

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Refer to Case Study 2-1. Jane and Ellen realize that they can reduce their risk of multiple chronic diseases by following recommendations for reducing what other chronic health problem?

- A. Chronic inflammation and oxidative stress
- B. Alzheimer's disease
- C. Chronic obstructive pulmonary disease
- D. Pellagra

## Unit 2--The Inside Story about Nutrition and Health **Key**

1. Genetic traits exert a stronger influence on overall health and longevity than lifestyle behaviors.

**FALSE**

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**TRUE**

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**TRUE**

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**TRUE**

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**TRUE**

10. Obesity is caused by eating whole-grain products and whole fruit.

**FALSE**

11. Genes are affected by food or the components of food.

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Refer to Case Study 2-1. What types of foods can Ellen consume to help increase her calcium intake and reduce her risk of osteoporosis?

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Ellen learned that she has a family history of colon cancer, osteoporosis, and hypertension. Jane learned that she has a family history of heart disease, type 2 diabetes, and obesity. The roommates discuss lifestyle changes that they can make to reduce their risks of developing these chronic diseases. Help Ellen and Jane make the right decisions for taking care of their health and nutrition by answering the following multiple-choice question(s).

Refer to Case Study 2-1. What would be the best dietary changes for Jane to make to prevent the chronic diseases that she is genetically susceptible to?

- A. Decreasing her intake of high-protein, low-fat foods
- B. Choosing high-animal protein diet and eliminating fruits and grains from her diet
- C. Selecting a weight-loss diet program that replaces meals with protein shakes
- D. Decreasing her intake of high-animal fat, high-sugar foods and increasing her intake of fresh fruits and vegetables

#### 54. Case Study 2-1

Ellen and Jane are roommates who are taking a health and nutrition course at their university. After completing their health family tree projects they each discover that they both have genetic tendencies toward several chronic diseases.

Ellen learned that she has a family history of colon cancer, osteoporosis, and hypertension. Jane learned that she has a family history of heart disease, type 2 diabetes, and obesity. The roommates discuss lifestyle changes that they can make to reduce their risks of developing these chronic diseases. Help Ellen and Jane make the right decisions for taking care of their health and nutrition by answering the following multiple-choice question(s).

Refer to Case Study 2-1. Ellen would like to be proactive in reducing her risk of cancer. What specific change can she make to her diet to reduce her risk?

- A. Decrease her intake of whole grains
- B. Increase her alcohol intake
- C. Decrease her intake of high-fat and processed meats
- D. Increase her intake of whole milk and cheese

#### 55. Case Study 2-1

Ellen and Jane are roommates who are taking a health and nutrition course at their university. After completing their health family tree projects they each discover that they both have genetic tendencies toward several chronic diseases.

Ellen learned that she has a family history of colon cancer, osteoporosis, and hypertension. Jane learned that she has a family history of heart disease, type 2 diabetes, and obesity. The roommates discuss lifestyle changes that they can make to reduce their risks of developing these chronic diseases. Help Ellen and Jane make the right decisions for taking care of their health and nutrition by answering the following multiple-choice question(s).

Refer to Case Study 2-1. In addition to making dietary changes, what else can Jane and Ellen do to be proactive in reducing their risk of developing chronic diseases?

- A. Exercise regularly
- B. Reduce stress by practicing healthy relaxation techniques
- C. Quit smoking or do not start smoking
- D. All of the above

## 56. Case Study 2-1

Ellen and Jane are roommates who are taking a health and nutrition course at their university. After completing their health family tree projects they each discover that they both have genetic tendencies toward several chronic diseases.

Ellen learned that she has a family history of colon cancer, osteoporosis, and hypertension. Jane learned that she has a family history of heart disease, type 2 diabetes, and obesity. The roommates discuss lifestyle changes that they can make to reduce their risks of developing these chronic diseases. Help Ellen and Jane make the right decisions for taking care of their health and nutrition by answering the following multiple-choice question(s).

Refer to Case Study 2-1. Jane and Ellen realize that they can reduce their risk of multiple chronic diseases by following recommendations for reducing what other chronic health problem?

- A. Chronic inflammation and oxidative stress
- B. Alzheimer's disease
- C. Chronic obstructive pulmonary disease
- D. Pellagra