Chapter 10 Nutrition for Health

Chapter 10 Test A

I. Directions Write a plus (+) in the space provided if the statement is true. If the statement is false, cross out the underlined word or phrase and write the correct word or phrase in the space provided.

1. The energy you need and receive from food is measured in nutrients.
2. An environmental factor that can influence food choices is culture.
3. Nutrients that provide energy include carbohydrates, fats, and vitamins.
4. A type of carbohydrate that your body needs but cannot digest is starch.
5. Eating plenty of foods rich in calcium can help reduce the risk of osteoporosis.
6. A key Dietary Guideline is to get the most nutrition out of your nutrients.
7. In MyPyramid, cheese and yogurt are placed in the proteins food group.
8. Foods labeled healthy cannot contain genetically modified ingredients.
9. Most cases of foodborne illness are caused by allergens in foods.
10. Food sensitivity includes food allergy and food intolerance.

II. Directions Match each term in the left column with the best definition or description in the right column. Write the letter of your choice in the space provided.

11. nutrient a. nutrient needed for almost every body function
12. protein b. one of the five major food groups in MyPyramid
13. water c. basic building material of all the body’s cells
14. fruits d. one of the most common causes of food allergies
15. eggs e. any substance in food that the body needs
III. Directions In the space provided, write the letter of the choice that best completes the statement or answers the question.

16. A disease associated with unhealthful weight gain is
   a. osteoporosis.
   b. food allergy.
   c. type 2 diabetes.
   d. lactose intolerance.

17. Which type of nutrient helps maintain healthy skin and hair?
   a. Carbohydrate
   b. Protein
   c. Starch
   d. Fat

18. The number of calories that you can eat each day without gaining weight depends on your
   a. activity level.
   b. hunger.
   c. environment.
   d. appetite.

19. If a label claims a food is a “good source of” fiber, the food must provide
   a. most of the fiber needed each day by the average person.
   b. more fiber than any other type of carbohydrate except sugar.
   c. all the fiber needed by a person who eats 2,000 calories a day.
   d. from 10 to 19 percent of the daily value for this nutrient.

20. The most dangerous type of allergic reaction to food is
   a. food intolerance.
   b. foodborne illness.
   c. food poisoning.
   d. anaphylaxis.

IV. Directions On a sheet of paper, write a short paragraph to answer each question.

21. Compare and contrast saturated fats, unsaturated fats, and trans fats in terms of their food sources and health effects.

22. How are the five basic food groups related to the major types of nutrients? How does this relationship help you make healthful food choices?
Chapter 10 Nutrition for Health

Chapter 10 Test B

I. Directions Match each term in the left column with the best definition or description in the right column. Write the letter of your choice in the space provided.

1. fiber
   a. major nutrient that is needed in large amounts
2. fat
   b. basic food group that is a good source of calcium
3. water
   c. one of three major nutrients that provide energy
4. grains
   d. basic food group that includes rice and bread
5. milk
   e. one of three types of carbohydrates

II. Directions Write a plus (+) in the space provided if the statement is true. If the statement is false, cross out the underlined word or phrase and write the correct word or phrase in the space provided.

6. The psychological desire for food is referred to as hunger.
7. Factors that can influence food choices include emotions.
8. Eating plenty of calcium-rich foods can reduce the risk of stroke.
9. In MyPyramid, each colored band represents a different food group.
10. Bacteria and viruses are responsible for most cases of food intolerance.

III. Directions In the space provided, write the letter of the choice that best completes the statement or answers the question.

11. The energy provided by food is
   a. measured in units of mass called calories.
   b. needed by teens for growth and activity.
   c. excreted in urine if not used by the body.
   d. one of the nutrients needed by the body.

12. If Juan usually overeats at his grandmother’s house on holidays, which factors are most likely influencing his food choices on those days?
   a. Family and culture
   b. Hunger and emotions
   c. Nutrition and calories
   d. Depression and loneliness

13. Jana’s doctor said that she should eat more fiber. Which three types of foods would provide Jana with the most fiber?
   a. Milk, cheese, and yogurt
   b. Meat, fish, and poultry
   c. Fruits, vegetables, and grains
   d. Oils, fats, and fatty acids
Chapter 10 Nutrition for Health

Chapter 10 Test B (continued)

14. It is more dangerous to consume large amounts of vitamin E than vitamin C because excess vitamin E
   a. passes easily into the blood.  
   b. is stored in the blood.  
   c. is removed by the kidneys.  
   d. builds up in the body.

15. Which combination of vegetables best illustrates the dietary recommendation to “vary your veggies?”
   a. Broccoli and spinach  
   b. Spinach and kale  
   c. Kale and carrots  
   d. Carrots and winter squash

16. The Dietary Guidelines for Americans recommend
   a. cooking food thoroughly.  
   b. eating nutrient-dense foods.  
   c. washing food surfaces often.  
   d. cutting all snacks from your diet.

17. One serving of a food provides 100 calories and 5 grams of protein. The average person needs about 2,000 calories and 50 grams of protein each day. What percent of the daily value of protein does one serving of the food provide?
   a. 5 percent  
   b. 10 percent  
   c. 20 percent  
   d. 25 percent

18. Which food should be cooked to the highest internal temperature?
   a. Chicken breast  
   b. Hamburger  
   c. Beef steak  
   d. Seafood

19. To help ensure food safety, you should always
   a. keep your freezer set at 40°F.  
   b. keep your refrigerator well packed.  
   c. discard food that sits out for two hours.  
   d. thaw frozen foods at room temperature.

20. Drugs that counter immune system reactions are sometimes prescribed for food allergies but not food intolerances. This is most likely because food intolerances
   a. do not involve the immune system.  
   b. are not very common.  
   c. do not cause pain.  
   d. are always mild.

IV. Directions On a sheet of paper, write a short paragraph to answer each question.

21. How can making healthful food choices keep you healthy now and throughout your life?

22. Explain how to use the Dietary Guidelines for Americans to balance food and physical activity.