Foundations 1E CT Chapter 4

1. Which is the best description of the way nutrients affect your overall health?

a. Nutrients are like the outer hive that protects the bees as they make their honey inside.

b. Nutrients are comparable to an airport with many planes constantly taking off and landing.

c. Nutrients are similar to bowling pins that stand together until the ball knocks them down.

d. Nutrients are like the engine, body, and wheels of a car along with a full tank of gas.

Answer: \_\_\_\_\_

2. Pilar wants to get the nutrients her body needs to be healthy. What would be a good way for her to do that?

a. Eat a variety of whole foods that have a lot of vitamins and minerals, eat some healthy fats, and drink plenty of water.

b. Eat high-protein foods that are low in carbohydrates and fat, and drink water as needed when she feels thirsty.

c. Take vitamin and mineral supplements to make up for any junk food she eats, and limit sodas to one or two per day.

d. Look for foods that are complete proteins, because the body can make the vitamins and minerals she needs from those, and drink plenty of water.

Answer: \_\_\_\_\_

3. Which meal contains the healthiest sources of all six categories of nutrients?

a. cheese omelet with peppers, bacon, an orange, whole-wheat toast, and milk

b. oatmeal with walnuts and apples, half a grapefruit, multigrain bagel, and milk

c. quesadilla with salsa and avocado, refried beans, ham, and apple juice

d. sausage links, hash browns, scrambled eggs, biscuits, milk, and orange juice

Answer: \_\_\_\_\_

4. Which of the following are nutrients that provide you with calories? **Select all that apply.**

a. carbohydrates

b. proteins

c. vitamins

d. water

e. fiber

f. fats

g. sodium

h. minerals

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. If John wants to eat a food from which he can get simple carbohydrates, which food should he choose?

a. kale

b. orange

c. peanut butter

d. sunflower seeds

Answer: \_\_\_\_\_

6. Which is the best argument for drinking enough water each day?

a. Water takes nutrients from food and distributes them to the tissues, muscles, and organs in your body.

b. Most foods don't contain the essential vitamins and minerals that are found in water.

c. Large amounts of water dilute the caffeine in energy drinks and help you calm down.

d. Water is one of the building blocks of protein, which promotes muscle strength.

Answer: \_\_\_\_\_

7. Drinking enough water each day is a good way to help prevent pimples.

a. True

b. False

Answer: \_\_\_\_\_

8. What are two potential health problems that can be caused by consuming sugary drinks?

Answer:

9. Which is a TRUE statement about caffeinated beverages?

a. Energy drinks aren't sweetened, whereas most coffee drinks are high in sugar.

b. Energy drinks and sodas are both good options for a quick burst of energy.

c. Sodas and energy drinks have about the same amount of caffeine in them.

d. Sodas, teas, and coffee drinks usually have less caffeine in them than energy drinks.

Answer: \_\_\_\_\_

10. Explain why water should be the main fluid in a healthy diet.

Answer:

11. On average, Mateo consumes 1,900 calories and burns off 2,200 calories each day. Which is the most likely result?

a. weight gain

b. weight loss

c. stable weight

d. burning more calories

Answer: \_\_\_\_\_

12. Burning off more calories than you eat results in

a. energy balance

b. positive energy balance

c. negative energy balance

d. satiation

Answer: \_\_\_\_\_

13. Which plays the largest role in your daily energy expenditure?

a. genetics and gender

b. ingestion and digestion

c. physical activity and exercise

d. resting metabolic rate

Answer: \_\_\_\_\_

14. Ganesh is 18 years old. His major interest is video games, and he taught himself how to code. He knows he should move his body more, but he just can’t tear himself away from the computer screen. What is a healthy amount of calories for Ganesh to consume?

a. 1,400 calories

b. 1,800 calories

c. 2,200 calories

d. 2,600 calories

Answer: \_\_\_\_\_

15. Xavier's body tells his brain it's time to eat. This is an example of

a. appetite

b. hunger

Answer: \_\_\_\_\_

16. What is an example of appetite affecting a person's decision to eat?

a. Devi is a vegetarian. Even though she hasn't eaten in a while, a juicy cheeseburger does not look good to her.

b. Byron eats a light dinner early one evening. He feels like he needs to eat breakfast as soon as he wakes up the next morning.

c. Margot feels like she has no energy, and she realizes it has been six hours since she last ate.

d. Max's whole math class could hear the sound of his stomach rumbling just before noon.

Answer: \_\_\_\_\_

17. What is one influence on your appetite? Explain how this influence can change your appetite.

Answer:

18. Wilda's grandmother has osteoporosis, partly because for years when she was younger, she ate very little food so she would stay thin. Which key to a healthy diet was Wilda's grandmother missing?

a. adequate

b. balanced

c. moderate

d. varied

Answer: \_\_\_\_\_

19. Your diet can differ significantly from your friends' diets, and yet all of you can be eating a healthy diet.

a. True

b. False

Answer: \_\_\_\_\_

20. Which nutritional headline contains unbiased information?

a. "Drink Pure Pomegranate Juice to Reduce the Risk of Heart Disease"

b. "Avoid These Five Foods to Live a Longer Life"

c. "Use the MyPlate App to Create Healthy, Balanced Meals"

d. "Increase Muscle Mass and Performance With This Superfood"

Answer: \_\_\_\_\_

21. Foods labeled "organic" have fewer calories and more fiber than non-organic foods.

a. True

b. False

Answer: \_\_\_\_\_

22. The nutrition facts label on the frozen yogurt that Ebony bought says it has 150 calories per serving. The serving size is one-half cup, which Ebony didn't notice. She ate one cup of the frozen yogurt, thinking she had consumed 150 calories. How many calories did she really consume?

a. 225 calories

b. 250 calories

c. 275 calories

d. 300 calories

Answer: \_\_\_\_\_

23. If you are trying to follow the MyPlate guidelines for a healthy meal, which dinner would be best?

a. one-third plate pork chop, one-third plate baked potato, one-third plate green beans

b. one-half plate spaghetti with meat sauce, one-fourth plate green salad, one-fourth plate garlic bread

c. one-fourth plate grilled salmon, one-fourth plate brown rice, one-fourth plate broccoli, one-fourth plate apples

d. one-fourth plate baked chicken, one-half plate scalloped potatoes, one-fourth plate peppers and onions

Answer: \_\_\_\_\_

24. Which of the following websites is most likely to provide valid and reliable nutrition information?

a. http://thepaleodiet.com

b. http://nutrition.gov

c. http://healthprep.com

d. http://thevitaminshoppe.com

Answer: \_\_\_\_\_

25. What role does your tongue play in the digestive process?

a. produces saliva, which helps moisten the food

b. produces bile, which helps you break down fat

c. breaks the food into smaller pieces

d. helps you swallow your food safely and properly

Answer: \_\_\_\_\_

26. Match each stage of digestion with the related part of the body.

\_\_\_ 1. chewing and swallowing

\_\_\_ 2. mixing and moving food

\_\_\_ 3. absorbing nutrients

\_\_\_ 4. eliminating waste

a. esophagus

b. small intestine

c. large intestine

d. stomach

27. Which is NOT one of the organs of the urinary system?

a. bladder

b. kidneys

c. pancreas

d. urethra

Answer: \_\_\_\_\_

28. The digestive problem \_\_\_\_\_\_\_\_\_\_ is caused by lack of an enzyme in the small intestine.

a. Crohn's disease

b. lactose intolerance

c. irritable bowel syndrome

d. cirrhosis

Answer: \_\_\_\_\_

29. Eating living bacteria is always a threat to a person's digestive system.

a. True

b. False

Answer: \_\_\_\_\_

30. A burning pain when urinating and feeling like you need to go to the bathroom often are characteristic of

a. kidney disease

b. kidney stones

c. urinary tract infection

d. kidney dialysis

Answer: \_\_\_\_\_

31. List three ways to maintain good digestive and urinary health.

Answer:

32. What is an example of how processed foods contribute to a food toxic environment?

a. Restaurants don't serve many processed foods.

b. Processed foods are more expensive than whole foods.

c. School cafeterias serve mainly processed foods.

d. Whole foods are more convenient than processed foods.

Answer: \_\_\_\_\_

33. Greg has prediabetes, which means he is at high risk of developing diabetes. What is the best way he could adjust his diet to avoid developing the disease?

a. Switch to diet sodas instead of regular sodas.

b. Eat whole-grain cereal with milk instead of toaster pastries.

c. Eat five small meals instead of three regular meals.

d. Reduce the amount of protein and fiber in his diet.

Answer: \_\_\_\_\_

34. Which of the following helps to get rid of dangerous chemicals in your body?

a. foods high in saturated fat

b. foods high in unsaturated fats

c. foods high in antioxidants

d. foods high in fiber

Answer: \_\_\_\_\_

35. If you want to avoid eating unhealthy fats, which snack would you choose?

a. caramel corn with peanuts

b. cream cheese with potato chips

c. buffalo wings with ranch dip

d. guacamole with baked tortilla chips

Answer: \_\_\_\_\_

36. What are the benefits of eating a nutritious breakfast every day? **Select all that apply.**

a. You won't have to worry about eating healthy foods for lunch or dinner.

b. Your focus and concentration may be better.

c. You will find it easier to maintain a healthy weight.

d. You will probably feel more alert and focused.

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

37. You've decided that you want to eat a healthy breakfast, but it's not happening yet. You understand what the problem is: You don't have much time in the morning on school days. That is step 1. What are the next steps to making a healthy decision? Match each statement with a number to show the order of the steps.

\_\_\_ 1. step 2

\_\_\_ 2. step 3

\_\_\_ 3. step 4

\_\_\_ 4. step 5

a. Figure out what your options for a quick breakfast are.

b. See if the option you chose is working out for you.

c. Decide what you're going to do.

d. Know that you will get hungry and eat junk at school if you don't eat beforehand.

38. Why is it better to choose meats that are grilled or broiled over meats that have been fried?

Answer: