Foundations 1E UT Chapter 2

1. Which nutrients give us calories, or the form of energy found in food?

a. proteins, fats, and vitamins

b. proteins, minerals, and water

c. carbohydrates, vitamins, and minerals

d. proteins, fats, and carbohydrates

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

2. Combining plant foods high in protein, like beans and rice, can provide the equivalent of complete proteins like eggs, meat, and cheese.

a. True

b. False

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

3. Although Stephanie believes that she eats a healthy diet, she rarely consumes unprocessed fruits and vegetables like apples, broccoli, and celery. What is the likely result of this?

a. Stephanie will not get proper amounts of fiber.

b. Stephanie will get more fiber from processed fruits like applesauce and canned peaches.

c. Stephanie will have digestive problems.

d. Stephanie will have to eat more bread and pasta.

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

4. Water is essential for life because it \_\_\_\_\_\_\_\_\_\_ nutrients in your body.

a. creates

b. distributes

c. eliminates

d. reinforces

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

5. Which of the following describes a negative energy balance?

a. having more energy than your body needs

b. eating roughly the same amount of calories as you burn off

c. burning off more calories than you eat and losing weight

d. gaining weight from eating too many calories and not exercising enough

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

6. A large majority of your daily energy expenditure comes from physical activity and exercise.

a. True

b. False

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

7. Which of the following is the best analysis of how hunger relates to appetite?

a. Hunger is affected by all sorts of personal and cultural factors, while appetite is a natural drive.

b. Hunger is influenced mainly by physical factors, while appetite is affected by emotions, beliefs, culture, and family circumstances.

c. Hunger is personal, while appetite is universal.

d. Hunger can be controlled by will power, while appetite arises naturally and cannot be controlled.

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

8. Sharon eats a variety of foods for lunch and dinner, but she likes to include potato chips or corn chips with every meal. Which key to a healthy diet is Sharon not following?

a. balance

b. variety

c. moderation

d. adequacy

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

9. Joaquin is focused on eating a clean diet, containing as few added chemicals and preservatives as possible. Which part of a food label should Joaquin read to help him maintain a clean diet?

a. ingredients list

b. serving size

c. calories

d. percent daily value

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

10. According to the MyPlate guidelines, which of the following is the healthiest dinner?

a. one-fourth plate chicken tenders, one-fourth scalloped potatoes, one-fourth plate fried okra, one-fourth plate cherry cobbler

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

c. one-half plate beef lasagna, one-fourth plate green salad, one-fourth plate garlic bread

d. one-fourth plate grilled ahi tuna, one-fourth plate brown rice, one-fourth plate cauliflower, one-fourth plate cantaloupe

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

11. In the digestive process, most of the nutrients from food is absorbed in the

a. large intestine

b. small intestine

c. stomach

d. pancreas

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

12. Which of the following describes the primary role of the kidneys in the urinary system?

a. control release of urine in the bladder

b. store urine until it is convenient to be removed from the body

c. remove kidney stones from the body

d. filter waste from the blood

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

13. Getting regular exercise can help you avoid digestive and urinary system problems.

a. True

b. False

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

14. Which of the following contribute to a food toxic environment? **Select all that apply.**

a. the convenience of opening a can of soup for dinner

b. the increased availability of fresh fruits and vegetables

c. the lack of processed foods at restaurants

d. the tastiness of salty snacks like potato chips

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

15. Which of the following increases risk of cardiovascular disease?

a. foods high in saturated fat

b. foods high in unsaturated fats

c. foods high in antioxidants

d. foods high in fiber

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

16. Which of the following are benefits of eating breakfast every day? **Select all that apply.**

a. losing weight

b. getting more sleep

c. saving money

d. feeling alert and focused

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

17. Rosetta is determined to eat a healthier breakfast each morning. Which of the following would NOT help her reach this goal?

a. planning her breakfast the night before

b. buying only healthy breakfast foods at the grocery store

c. skipping breakfast if there is not enough time to fix healthy foods

d. preparing grab-and-go breakfast items ahead of time

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

18. At age 31, Sandra broke her ankle playing softball. The doctor told her she showed signs of having osteoporosis. What teenage habit might have contributed to Sandra's condition?

a. drinking soy milk instead of regular milk

b. drinking soda and coffee

c. eating vegetables with every meal

d. jogging three miles (4.8 km) after school

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

19. Even though Raylene's friends know she is trying to stick to her diet, they urge her to try a cupcake at the high school bake sale. Which is the best way for Raylene to say no?

a. "I'm usually on board for cupcakes, but not today."

b. "Absolutely not, that looks terrible if you want to know."

c. "No, thank you. But thanks for offering."

d. "Thanks, I might have one in a minute."

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

20. Which of the following scenarios describes a student as food insecure?

a. Luisa helps deliver Meals on Wheels to the elderly in her neighborhood.

b. Warren’s family is enrolled in a food stamp program, but it does not provide enough money for healthy meals.

c. Tricia eats most of her meals at her friend Pamela’s house.

d. Pszul worries about his weight and constantly agonizes over how much food to eat.

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

21. A swine flu outbreak on pig farms in northern England spreads fears of contamination to the pork industry in the United States. Which part of the food chain is responsible for this problem?

a. production

b. processing

c. distribution

d. preparation

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

22. Eating large amounts of protein is the healthiest way to gain weight quickly since it is easy to turn excess protein into muscle.

a. True

b. False

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

23. Harmony has begun a weight loss program based on taking supplements that reduce appetite and increase the burning of fat. The two supplements she is using contain high levels of caffeine. What does Harmony's program put her at risk for?

a. anemia and fatigue

b. high blood pressure and dizziness

c. vitamin D deficiency and lack of fiber

d. increased heart rate and insomnia

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

24. Which of the following is the self-talk of a person with a positive body image?

a. "Everyone said they loved the way I looked in my new sun dress, but I suspect that they were making fun of my weight behind my back."

b. "I like being one of the tallest guys in school, even though my acne stands out more than my height."

c. "I realize I'm shorter than most of the guys my age, but I know I can hold my own regarding the things that really matter."

d. "I was all ready to have fun at the party tonight, but then I stepped on the scales before getting ready, and now I'm almost too depressed to go."

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

25. Vicki has been stressed out about quarrels with her friends and some missed assignments at school. Her stress and anxiety have developed into bulimia, which is characterized by

a. binge eating

b. binge eating and purging

c. severely restricting eating

d. focusing on eating healthfully

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

26. An important feature of a food log is that it forces you to pay close attention to what you are eating and drinking each day.

a. True

b. False

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

27. A SMART goal for personal nutrition should be

a. relatively easy to achieve

b. almost impossible to achieve without outside help

c. achievable through major lifestyle changes

d. realistic, but not easy to achieve

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

28. Tomás often goes on a four-mile (6.4 km) jog early in the morning before school. Which of the following are likely mental benefits of this physical activity? **Select all that apply.**

a. improved sleep

b. increased fitness

c. reduced anxiety

d. reduced depression

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

29. Whenever she is encouraged to be physically active, Deirdre says she's too tired. Which of the following is the best argument to convince Deirdre to get active?

a. "You are certain to have high blood pressure and chronic diseases if you aren't physically active."

b. "Don't worry about what other people say or think about you."

c. "Once you begin physical activity, it will give you more energy."

d. "Talk with your friends and find some activity you can all do together."

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

30. Which of the following is the best example of muscular endurance?

a. Wayne does 35 sit-ups without stopping.

b. Jermichael bench presses 95 pounds (43.1 kg) one time.

c. Francie runs a half-marathon.

d. Chloe performs stretching movements in tai chi.

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

31. Target heart rate factors in your \_\_\_\_\_\_\_\_\_\_ in order for you to get the most benefit from your workout.

a. cardiorespiratory endurance and muscular endurance

b. strength and flexibility

c. height and weight

d. age and level of fitness

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

32. Flexibility is important for routine daily activities, but it is NOT that important for sports.

a. True

b. False

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

33. As preparation for tryouts for the soccer team, Sofía wants to improve her flexibility to avoid injury. With this in mind, she could add flexibility exercises to which part of her workout?

a. warm-up

b. workout

c. cool-down

d. warm-up, workout, and cool-down

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

34. Melvin has begun a comprehensive workout plan to be physically active. Which of the following should he do to prevent injuries in his workouts? **Select all that apply.**

a. He should vary his activities so that he is not using the same muscle groups each day.

b. He should take a day off between workouts involving muscular strength or muscular endurance.

c. He should drink water before, during, and after each workout.

d. He should run through minor pains until they go away.

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

35. What is an example of the first "T" in the FITT formula for physical activity?

a. 20 reps in a minute

b. five times a week

c. low intensity

d. biceps curls

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

36. Which high school athlete is using the training principle of specificity?

a. Jae is running six miles (9.7 km) on his daily workout instead of the usual four (6.4 km).

b. Cynthia has enrolled in a yoga class to improve her balance and flexibility.

c. Marcus has added a weightlifting session on Saturday morning to his usual three-days-a-week schedule.

d. Piper has increased each of her strength and muscle endurance exercises to five minutes.

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