Foundations 1E CT Chapter 5

1. Which of the following is a greater risk for young children than for infants?

a. food allergies

b. low calcium intake

c. choking

d. digestive issues

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

2. Which is an example of negotiating for healthy food choices?

a. doing online research on various restaurant options

b. playing rock, paper, scissors with friends to decide which restaurant to eat at

c. practicing saying no to food options you don't want

d. using nonverbal communication to signal your objections to certain foods

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

3. Why is it important for teens to get enough calcium?

a. Bones start to become weaker after age 30.

b. Muscles need more oxygen during the teen years.

c. Teens lose more calcium during exercise than adults.

d. The number of red blood cells decreases with age.

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

4. If Junetta doesn't get enough calcium as a teenager, which condition would she be at risk for later in her life?

a. arthritis

b. cancer

c. diabetes

d. osteoporosis

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

5. Kenneth wants to increase his calcium intake for each meal of the day. Which combination of two foods is highest in calcium?

a. canned salmon and apricots

b. dark chocolate and raisins

c. fortified cereal and almond milk

d. ham and collard greens

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

6. What are three examples of how you can ask for help with nutrition decisions at a restaurant?

Answer:

7. Which of the following can influence food insecurity for teenagers? **Select all that apply.**

a. living several miles away from a large grocery store with fresh produce

b. worrying about whether foods are packaged properly

c. lacking enough money to buy lunch at school

d. having to rely on friends or neighbors for transportation to get food supplies

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

8. Which is the best description of what food insecurity is?

a. being anxious about how much food to eat

b. eating most of your meals away from home

c. not having access to enough healthy foods

d. not knowing what kinds of foods are healthy

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

9. Dasia's family lives five miles (8 km) from the nearest grocery store, and her family doesn't have a reliable car. They get most of their food from the convenience store at the gas station a few blocks from their apartment, but it doesn't have many options for fresh fruits or vegetables. In fact, the shelves are empty much of the time. Dasia's family experiences food insecurity.

a. True

b. False

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

10. Contamination from lack of refrigeration occurs most often in which step of the food chain?

a. production

b. processing

c. distribution

d. preparation

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

11. Foods can become contaminated with pathogens at any point of the food chain EXCEPT home preparation.

a. True

b. False

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

12. If foods that require refrigeration are left out for more than two hours they should be

a. immediately thrown out

b. immediately placed in the freezer

c. cooked to avoid contamination

d. kept warm on a warming plate

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

13. Give an example of advocating for food access in a community.

Answer:

14. Jamaal's parents were track-and-field standouts in high school. Jamaal has a slender physique and works out every day to improve his own endurance and running skills. Which two factors have the most influence on his weight?

a. behavior

b. culture

c. genetics

d. environment

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

15. What is an example of an environmental influence on body weight?

a. junk food in vending machines at school

b. overweight parents and other family members

c. lack of regular physical exercise

d. overconsumption of high-fat snacks

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

16. Kwan wants to gain weight and become more muscular. How would you advise Kwan about the foods he should eat?

a. "Milkshakes, big burgers with cheese, pizza-those things will help you put on weight fast."

b. "If you want your muscles to get bigger, just eat protein. Cut out carbs and sugar and eat protein, protein, protein."

c. "You can't get bigger muscles just by eating-you have to take supplements that help you gain weight."

d. "You eat healthy, so keep eating the way you do now, but just take in more calories. You could add in healthy snacks to up your calories."

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

17. Jenny's BMI put her in the overweight category, and she has been losing weight and then gaining it back for a couple of years. How is this weight cycling affecting Jenny's body?

a. speeding up her metabolism and decreasing her body fat

b. slowing down her metabolism and increasing her body fat

c. helping her lose excess body fat and get to a healthy weight

d. boosting her immune system and lowering her risk for diseases

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

18. What are two risks of following the Paleo or keto fad diet?

Answer:

19. Manny and almost all the other players on his high school football team took an anabolic steroid because they thought it would give them an edge over other teams. What could happen to Manny and his teammates as a result of taking the steroid?

a. calcium deficiency

b. diabetes

c. liver damage

d. slowed metabolism

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

20. You search for information about a supplement you are considering taking. Two websites say that the supplement is safe and work well, and one website says it's unsafe and can cause health problems. What would be the best thing to do next?

a. Find the source of the information on all three websites and decide if it's reliable.

b. Ask a friend if they have taken the supplement and had any bad experiences.

c. Take the supplement for a while and see if it does what it's supposed to.

d. Judge the supplement as safe, because two out of three websites recommend it.

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

21. What is the best description of body image?

a. what other people see when they look at you

b. an image of yourself that you project to other people

c. your thoughts and feelings about how you look

d. the size and shape of your body in photos

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

22. Which of the following are benefits of a positive body image? **Select all that apply.**

a. improved self-confidence

b. lack of weight prejudice

c. improved athletic performance

d. good emotional health

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

23. Name three benefits of a positive body image.

Answer:

24. Skipping meals or binge eating can be a sign of serious mental illness.

a. True

b. False

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

25. The only foods Noah will eat are pizza with no toppings, hot dogs with no bun, macaroni and cheese (only the boxed kind), white bread, pancakes, vanilla ice cream, and brownies without nuts. Which eating disorder does Noah have?

a. anorexia

b. avoidant restrictive food intake disorder

c. bulimia

d. orthorexia

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

26. What do disordered eating and eating disorders have in common?

a. They both involve irregular eating behaviors.

b. They are both diagnosable, serious mental illnesses.

c. Both involve eating a wide range of foods.

d. Both involve avoiding certain foods.

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

27. What is an example of social comparison?

a. Sonya thinks she would be happier if she had a tan like her popular friend Rena.

b. Brian sees photos of his favorite NBA player and feels like his own body looks bad.

c. Gabriela thinks that if she were a better player, she could make the school soccer team.

d. Raheem does 100 sit-ups every day so he can have a "six pack" like his older brother.

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

28. Vaishnavi buys a hair product she can't afford because in an interview, a singer she admires said she uses the product. This is an example of \_\_\_\_\_\_\_\_\_\_ influence on body image.

a. social

b. negative

c. family

d. media

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

29. What is one way you could improve your body image?

a. Pay attention to how your body feels and moves, not how it looks.

b. Critique one aspect of your look in the mirror every morning before going to school.

c. Pick someone you want to look like and ask them what their workout routine is.

d. Ask your parents to point out things about your body that you could improve.

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

30. An important key to improving your body image is to appreciate your body's qualities that are unrelated to appearance.

a. True

b. False

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

31. When you keep a food log, you don't need to record little things like the mayonnaise on a sandwich or the honey you drizzled on your oatmeal.

a. True

b. False

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

32. Which is an important rule to remember when keeping a food log?

a. Share the contents of your food log with friends.

b. Don't include drinks or desserts as part of the food log.

c. Use the method for keeping a food log that works best for you.

d. Go back and change entries if it makes you feel better.

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

33. Cai wants to analyze her diet using a food log. Which of the following would be a good way to proceed?

a. She should keep a record in her head of the foods she eats in a five-day period and then decide how she can improve her diet

b. She should enter foods she eats into an app and then analyze her diet for total calories, fats, proteins, and carbs

c. She should list foods she eats and then use http://choosemyplate.gov to generate her own MyPlate Plan

d. Both b and c are good methods.

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

34. At what point should you write a SMART goal to improve your eating?

Answer:

35. The best SMART goal is a(n) \_\_\_\_\_\_\_\_\_\_ goal.

a. easy

b. personal

c. realistic

d. difficult

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

36. What is the best thing to do if you don't meet a short-term goal you set for yourself?

a. Commit to trying harder to meet the goal in the future.

b. Make changes to your goal or your strategies.

c. Start from scratch and make a brand-new goal.

d. Read your goal out loud to yourself every morning.

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

37. What are the three steps to use in asking for support in meeting nutrition goals?

Answer:

38. Which is an example of getting support from other people to meet a personal nutrition goal?

a. asking your parent or caregiver to buy oatmeal instead of a highly processed breakfast cereal when you are trying to eat more whole grains

b. choosing to not get soda from the high school vending machine even though your friends are buying it

c. telling your family that they should be eating more vegetables and less meat if they want to be healthy

d. researching and writing a report about ways to eat more healthfully and posting it on your blog

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