

Self-test Questions – Carbohydrates

1. The main function of carbohydrate is to (check one):

- provide energy to the body
- provide materials to build new tissue
- make fat
- insulate the body to prevent heat loss

2. List the three types of carbohydrates:

3. Mark the following statements TRUE or FALSE.

- Sucrose is the same thing as table sugar.
- The body is able to digest fiber and convert it to a sugar called glucose.
- The brain uses glucose as its main source of energy.
- Starch is made up of sugar units linked together.

4. Define lactose intolerance and name at least two populations with higher rates of lactose intolerance.

5. An excellent source of complex carbohydrates is (check one):

- orange juice
- whole-wheat bread
- skim milk
- tuna fish
- ice cream

6. Define the term empty-calorie food and list three examples.

7. List two benefits of eating lots of fiber.

8. Which of the following are good sources of fiber? (Check all that apply.)

- orange juice
- apples
- raisins
- raw cauliflower
- hamburger
- milk
- wheat bran

Self-test Questions – Fats

1. Check each statement that describes a function of fat.

- provides essential fatty acids
- aids in bone formation
- prevents heart disease
- provides cushioning for internal body parts
- provides vitamin C

2. What are the three types of fatty acids? (Check one.)

- glycerol, triglyceride, and cholesterol
- HDL, LDL, and VLDL
- unsaturated, monounsaturated, and polyunsaturated
- safflower, soybean, and sunflower

3. Fill in the blanks to complete the following simple definition of cholesterol.

Cholesterol is a _____ substance that is needed to
(protein-like, fat-like, water-like)

form _____ such as estrogen and testosterone, to form
(hormones, enzymes, fatty acids)

bile, and to make vitamin _____.
(A, C, D)

4. Circle the foods that contain cholesterol.

skim milk

tomato

beef

egg

avocado

tuna fish

peanut butter

chicken

cereal

coconut

whole milk

french fries

Self-test Questions – Proteins

1. Fill in the blanks:

The building blocks of protein are called _____. Our bodies can make 11 of these but we have to get the other nine from foods, so we call those nine _____.

2. State one function of protein in the body:

3. Mark the following statements TRUE or FALSE.

_____ The main function of protein is to provide energy to the body.

_____ Pinto beans are a source of incomplete protein.

_____ Protein needs decrease during periods of growth, such as pregnancy.

_____ Most Americans need more protein in their diets.

4. Approximately how much protein would the following meal provide? (Refer to Table 1.4.)

3 oz. of grilled fish

½ cup of broccoli

1 cup of salad greens

4 slices of honeydew melon

1 small roll

1 cup of milk

5. Protein-energy malnutrition (check all that apply):

- is common in the United States.
- decreases resistance to infection.
- slows or even halts growth.
- results from eating too much fat.
- is the world's most common malnutrition problem.

6. Put a C next to complete proteins and an I next to incomplete proteins.

- baked chicken
- skim milk
- cheese pizza with olives and green peppers
- green beans
- soy burger
- corn on the cob
- baked potato with the skin

Self-test Questions — Vitamins

1. The original goal of the RDAs was to prevent vitamin-deficiency diseases. What is the focus of the new DRIs?
2. Mark the following statements TRUE or FALSE:
 Vitamins are a good source of energy.
 Vitamins A, D, E, and K are stored in body fat.
 Taking megadoses of vitamins and minerals is advisable for healthy adults.
 It's very easy for the body to accumulate toxic levels of water-soluble vitamins.
3. Which of the following can increase the risk of birth defects in pregnant women? (Check all that apply.)
 inadequate intakes of folic acid, especially during the first trimester
 Accutane
 large amounts of carrots and sweet potatoes
 megadoses of retinol (vitamin A)
 green leafy vegetables
4. List six good sources of vitamin A:
5. List two main functions of vitamin C:

6. Signs of vitamin C deficiency include (check one):

bleeding gums and easy bruising

depression

dental caries

night blindness

7. List six good sources of vitamin C:

8. Why is folic acid especially important for women of childbearing age?

9. List six good sources of folic acid:

Self-test Questions – Minerals

1. Mark the following statements TRUE or FALSE.

_____ Minerals are easily destroyed by heat.

_____ Minerals are an excellent source of energy.

_____ Accidental iron poisoning can be fatal in young children who consume excessive quantities of iron supplements.

2. List five risk factors for osteoporosis:

_____	_____
_____	_____

3. Mark the following statements TRUE or FALSE.

_____ After you reach your early to mid-30s, your bones are as dense as they'll ever be.

_____ People with lactose intolerance must avoid all forms of dairy foods.

_____ Iron's main job is to form hemoglobin, a protein in red blood cells.

_____ There's no danger of getting excessive amounts of fluoride from supplements.

4. Which nutrient increases iron absorption? (Check one.)

- vitamin C
- biotin
- vitamin D
- vitamin A

5. Which food listed provides iron in the most absorbable form? (Check one.)

- spinach
- rice
- hamburger
- peas
- pinto beans

6. Iron-deficiency anemia is (check all that apply):

- most commonly caused by a low dietary intake of iron, rapid growth, and/or major blood loss.
- avoidable by eating a low-sodium diet.
- a condition of the blood in which iron stores are higher than normal.
- common among adult men.

7. List three tips for increasing the amount of iron absorbed from foods:

8. Mark the following statements TRUE or FALSE.

_____ Most Americans consume six to 12 times the amount of sodium their bodies require.

_____ Excess sodium can increase the amount of calcium excreted in the urine.

_____ It's easy to tell if a person will develop high blood pressure from a high-salt diet.

_____ A high-sodium diet is the only factor that contributes to high blood pressure.

9. List four tips for reducing sodium in the diet:

Self-test Questions – Water

1. How does water function in the body? (Check all that apply.)

- lubricates the joints
- maintains body temperature
- provides energy
- removes waste products from the body

2. List three factors that increase fluid needs:

3. Mark the following statements TRUE or FALSE.

- Adults should consume about 8–12 cups of fluid on a daily basis from water, foods, and other beverages.
- Solid foods contribute negligible amounts of fluid so they don't count as part of your daily fluid consumption.
- Young children shouldn't get more than 4–6 ounces of juice per day.
- Newborns need lots of extra water in addition to breastmilk or formula so they don't get dehydrated.

4. List three ways you can help ensure that you're meeting your fluid needs: