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 __ 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 DRI s?

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: