Lesson 3 - Level 3

Nutrition

View PowerPoint and answer questions

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Distance Learning - Week 3 - Level 3

Nutrition

Review PowerPoint and answer the questions.

*Multiple Choice*

1. The calorie is a measure of
   (a) the fat content of foods.
   (b) the starch content of foods.
   (c) the energy value of foods.
   (d) the ratio of a food's fat content to its nutritional value.

2. Fats are important in the diet because
   (a) they supply food energy.
   (b) they help carry certain vitamins.
   (c) they help regulate body functions.
   (d) all of the above.
   (e) none of the above; fats are harmful and should be eliminated from the diet.

3. Complete proteins are those that
   (a) contain all 9 essential amino acids that the body cannot manufacture.
   (b) supply the most energy to the body.
   (c) contain all the vitamins necessary for proper body functioning.
   (d) contain both saturated and unsaturated amino acids.

4. Which of the following is not likely to contain cholesterol?
   (a) eggs
   (b) vegetable shortening
   (c) fish
   (d) veal

5. Nutrients ________.
   (a) regulate body processes
   (b) supply energy for bodily functions
   (c) build and replace cells that make up body tissues
   (d) all of the above

6. Although it is not a nutrient, ________ is necessary for healthful body functioning.
   (a) fat
   (b) fiber
   (c) water
   (d) protein
7. A Calorie is ________.
   (a) a unit of measurement used to measure energy
   (b) the amount of heat needed to raise the temperature of 1 pound of water by one 1°F
   (c) both a and b
   (d) neither a nor b

8. Which of the following is true?
   (a) gram of fat = 9 calories
   (b) gram of protein = 4 calories
   (c) gram of carbohydrates = 4 calories
   (d) all of the above

9. ________ are the most important source of food energy.
   (a) Fats
   (b) Sugars
   (c) Starches
   (d) Carbohydrates

10. Three of the following are types of the fourth. Which is the fourth?
    (a) fibers
    (b) sugars
    (c) starches
    (d) carbohydrates

11. Which of the following sets of words successfully completes the following sentence? A __________ is a __________.
    (a) fiber, simple carbohydrate
    (b) sugar, complex carbohydrate
    (c) starch, type of carbohydrate that cannot be used by the body
    (d) none of the above

12. Which of the following types of fats is solid at room temperature, comes from animal products, and is often associated with heart disease and other health problems?
    (a) saturated
    (b) unsaturated
    (c) polyunsaturated
    (d) monounsaturated

13. If you want your customers to consume healthy types of fats, then you should avoid using oils than come from ________ in your cooking.
    (a) olives
    (b) nuts and whole grains
    (c) coconuts and palm trees
    (d) corn, safflowers, sunflowers, and cottonseeds
14. ________ is/are a major source of saturated fats.
   (a) Solid shortening
   (b) Meats, poultry, and fish
   (c) Eggs and dairy products
   (d) all of the above
15. If John just finished a meal of scrambled eggs and brains fried in butter, then his ________ level is likely to be significantly higher than it was before his meal.
   (a) cholesterol
   (b) polyunsaturated fat
   (c) monounsaturated fat
   (d) all of the above

16. Recent research has suggested that ________ fats may actually lower the levels of the most harmful kinds of cholesterol in the body.
   (a) saturated
   (b) unsaturated
   (c) polyunsaturated
   (d) monounsaturated

17. Beans and rice are examples of ________ proteins.
   (a) complete
   (b) incomplete
   (c) complementary
   (d) both b and c

18. ________ contain complete proteins.
   (a) Nuts
   (b) Grains and dried beans
   (c) Meats, poultry, fish, and eggs
   (d) all of the above

19. Which of the following statements about vitamins is correct?
   (a) Water soluble vitamins are stored in the body.
   (b) The lack of certain vitamins can cause deficiency diseases.
   (c) Vitamins, proteins, fats, and carbohydrates all supply energy to the body.
   (d) Fat soluble vitamins are not stored in the body and must be eaten every day.

20. Which of the following minerals is somewhat of a health problem because it is often eaten in large quantities?
   (a) iodine
   (b) sodium
   (c) calcium
   (d) phosphorus

21. People can maintain a healthful diet by ________.
   (a) using sugars, salt, sodium, and alcohol in moderation
   (b) choosing a diet with plenty of vegetables, fruits, and grain products
   (c) eating a variety of foods; choosing a diet that is low in fat, saturated fat, and cholesterol; and maintaining a healthy weight
   (d) all of the above
22. Which of the following statements about cooking healthful foods is incorrect?
   (a) Substitute saturated fats, such as olive oil or canola oil, for unsaturated fats as often as possible.
   (b) Offer my customers a variety of menu choices so they may choose a meal that is healthy from their point of view.
   (c) Make high quality sauces, but making them more concentrated so that a smaller amount would go a longer way.
   (d) Reduce the amount of salt used in recipes by including other flavor-enhancing seasonings and ingredients such as fresh herbs, chiles, garlic, and flavored vinegars.

23. The amount of each nutrient that a person needs every day depends on ___________________.
   (a) the person’s age
   (b) how much physical activity the person engages in
   (c) the person’s general state of health
   (d) all of the above

24. Ketosis is caused by _____________________________.
   (a) having too much fat in the diet
   (b) eating too few carbohydrates
   (c) a lack of vitamin B6 in the diet
   (d) consuming excess vitamin E

25. Foods that provide many nutrients in proportion calories are said to be high in _________________.
   (a) nutrient density
   (b) complex carbohydrates
   (c) vitamin density
   (d) essential fatty acids

26. Foods that provide few nutrients in proportion to calories are called __________.
   (a) saturated fats
   (b) complex carbohydrates
   (c) empty calories
   (d) trans fats

27. The amount of protein required in the daily diet of the average person is _____________.
   (a) 15-20 grams
   (b) 6 ounces
   (c) 120-150 grams
   (d) 50-60 grams

28. Which of the following is not a major mineral?
   (a) Iron
   (b) Sodium
   (c) Calcium
   (d) Phosphorus

29. The following statements describe the fat intake of four different diets. Which of these
diets can be considered healthy?
(a) Fat supplies 28% of the daily calorie intake.
(b) Fat supplies 37% of the daily calorie intake.
(c) Fat supplies 42% of the daily calorie intake.
(d) None of the above. They are all too high in fat.

True/False

30. The five basic categories of nutrients (besides water) are proteins, fats, sugars, starches, and vitamins.
31. Deficiency diseases are caused by lack of certain vitamins.
32. Many of the most important sources of protein are also high in saturated fats.
33. Proteins are the most important source of food energy.
34. Eating many different kinds of foods is important for getting the nutrients we need.
35. Starches and sugars both belong to the group of compounds called carbohydrates.
36. Eating too much salt may help cause high blood pressure.
37. The only way to lose weight is to eat fewer calories than you burn.
38. Fiber is not a source of energy for the body.
39. All of the following are important sources of food energy or calories: starches, proteins, fats, vitamins.
40. The human body cannot make cholesterol.
41. Dried beans contain complete protein.
42. Fat is a type of carbohydrate.
43. Fat supplies energy to the body.