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| 1. The social and cultural groups to which a person belongs have a little effect on food choices.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 2. The First Amendment to the Constitution allows freedom of the press for writers to make claims for nutrition products.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.8 Spotlight: How Do You Tell If It’s Nutrition Fact or Nutrition Fiction? | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.8 - Distinguish between reliable science-based nutrition information and nutrition/health fraud. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 3. Nutrient deficiency diseases are one of the leading causes of death in America.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.2 Nutrition and Health Promotion | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.2 - Identify lifestyle factors that impact risk for chronic disease. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 4. A nutrition claim that appears in a newspaper is usually a confirmed, and therefore reliable, finding.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.8 Spotlight: How Do You Tell If It’s Nutrition Fact or Nutrition Fiction? | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.8 - Distinguish between reliable science-based nutrition information and nutrition/health fraud. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 5. Meals eaten at fast food restaurants commonly contain similar amount of calories, fiber, and saturated fat to meals prepared at home.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.7 Nutrition Action: Good and Fast—A Guide to Eating on the Run, or Has Your Waistline Been Supersized? | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.7 - List strategies for choosing healthful meals when dining away from home. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 6. Even when people are served more food, they tend to eat the same amount.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.7 Nutrition Action: Good and Fast—A Guide to Eating on the Run, or Has Your Waistline Been Supersized? | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.7 - List strategies for choosing healthful meals when dining away from home. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 7. The key to disease prevention and optimal health is eating certain foods and avoiding other foods.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.3 The Savvy Diner: Eating Pattern for Longevity | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.3 - Describe lifestyle practices associated with longevity and health. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 8. The diet of Okinawan elders is 80 percent plant-based and is high in soy.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.3 The Savvy Diner: Eating Pattern for Longevity | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.3 - Describe lifestyle practices associated with longevity and health. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 9. Okinawans are a group of Eskimos that eat a high-fat diet but still maintain good health.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.3 The Savvy Diner: Eating Pattern for Longevity | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.3 - Describe lifestyle practices associated with longevity and health. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 10. The Okinawans have a lower prevalence of chronic diseases than most other cultures in the world.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.3 The Savvy Diner: Eating Pattern for Longevity | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.3 - Describe lifestyle practices associated with longevity and health. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 11. The amount spent by the food industry advertising food, beverage, and fast food is nearly equal to the amount spent by the government in promoting its campaign to encourage people of all ages to increase their consumption of fruits and vegetables.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 12. Diet is the sole culprit in causing chronic diseases, such as diabetes and heart disease.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.2 Nutrition and Health Promotion | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.2 - Identify lifestyle factors that impact risk for chronic disease. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 13. Risk of lifestyle-related chronic diseases is purely hereditary.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.4 A National Agenda for Improving Nutrition and Health | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.4 - 4 List several national nutrition-related objectives aimed at improving the nation's health. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 14. Extremely low income can put a person at risk for undernutrition.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 15. Cutting back on intake of meat and poultry is a viable option for reducing fat in the diet and trimming food budgets.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 16. As a consequence of an abundant food supply, Americans experience some of the lowest rates of degenerative diseases in the world.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 17. The “best if used by” date on a product is merely a suggestion and can be ignored for bulk items.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.6 The Savvy Diner: You Can Afford to Eat Nutritious Foods—Tips for Supermarketing | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.6 - Identify tips for stocking a healthy food pantry. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 18. Because the U.S. media is closely regulated, nutritional information disseminated by the media is highly reliable.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 19. The act of eating is fairly straightforward in that its primary benefit is linked to the physical need for food.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 20. What food item would be a healthy basic selection at the grocery store?   |  |  |  | | --- | --- | --- | |  | a. | White bread | |  | b. | Battered fish | |  | c. | Dry roasted nuts | |  | d. | White rice | |  | e. | Peaches canned in heavy syrup |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.6 The Savvy Diner: You Can Afford to Eat Nutritious Foods—Tips for Supermarketing | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.6 - Identify tips for stocking a healthy food pantry. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 21. Which substances are included in the six classes of nutrients?   |  |  |  | | --- | --- | --- | |  | a. | Water, alcohol, and fats | |  | b. | Alcohol, proteins, and carbohydrates | |  | c. | Antioxidants, sugar, and vitamins | |  | d. | Water, carbohydrates, and fats | |  | e. | Alcohol, minerals, and vitamins |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 22. What is a leading cause of death in the United States that is linked to diet?   |  |  |  | | --- | --- | --- | |  | a. | Lung disease | |  | b. | Cancer | |  | c. | Kidney disease | |  | d. | Infections of the blood | |  | e. | Parkinson’s disease |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.2 Nutrition and Health Promotion | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.2 - Identify lifestyle factors that impact risk for chronic disease. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 23. Which substance is a major mineral?   |  |  |  | | --- | --- | --- | |  | a. | Chromium | |  | b. | Copper | |  | c. | Manganese | |  | d. | Zinc | |  | e. | Magnesium |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 24. You are looking for a legitimate, qualified dietitian to advise you on a healthy eating plan for your family. Which characteristic might alert you to do further research?   |  |  |  | | --- | --- | --- | |  | a. | An undergraduate degree in food and nutrition or a related science | |  | b. | Completion of an approved dietetic internship or its equivalent | |  | c. | Use of the term *nutritionist* after the individual's name | |  | d. | Successful completion of a national examination and maintenance of continuing education | |  | e. | A degree earned at an institution accredited by the Council on Education |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.8 Spotlight: How Do You Tell If It’s Nutrition Fact or Nutrition Fiction? | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.8 - Distinguish between reliable science-based nutrition information and nutrition/health fraud. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 25. Who would be the most appropriate person to consult for nutrition information?   |  |  |  | | --- | --- | --- | |  | a. | A nutritionist | |  | b. | A chiropractor | |  | c. | A registered dietitian | |  | d. | A medical doctor | |  | e. | A health food store manager |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.8 Spotlight: How Do You Tell If It’s Nutrition Fact or Nutrition Fiction? | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.8 - Distinguish between reliable science-based nutrition information and nutrition/health fraud. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 26. One gram of carbohydrate yields \_\_\_\_ calories, 1 gram of fat yields \_\_\_\_ calories, and 1 gram of protein yields \_\_\_\_calories.   |  |  |  | | --- | --- | --- | |  | a. | 4; 8; 4 | |  | b. | 4; 9; 4 | |  | c. | 7; 4; 4 | |  | d. | 4; 7; 9 | |  | e. | 4; 9; 7 |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 27. Which term is included in the acronym CARS, and is applied in determining the quality of information found on the Internet?   |  |  |  | | --- | --- | --- | |  | a. | Adequacy | |  | b. | Credibility | |  | c. | Reliability | |  | d. | Sense | |  | e. | Rational |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.8 Spotlight: How Do You Tell If It’s Nutrition Fact or Nutrition Fiction? | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.8 - Distinguish between reliable science-based nutrition information and nutrition/health fraud. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 28. Which activity demonstrates making a food choice based on sustainability issues in relation to food consumption?   |  |  |  | | --- | --- | --- | |  | a. | Purchasing fresh strawberries when they are out of season | |  | b. | Buying bananas grown in Costa Rica | |  | c. | Shopping when you are not hungry | |  | d. | Purchasing corn from the farmer in your neighborhood | |  | e. | Buying only items that are very nutritious |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 29. Imagine that you are reading a magazine article about a new product that claims to benefit health. Which characteristic suggests that these claims might be valid?   |  |  |  | | --- | --- | --- | |  | a. | The product is described as a “secret formula.” | |  | b. | The article provides anecdotal evidence that the product works. | |  | c. | The peer-reviewed scientific research is cited. | |  | d. | The product is available only through a commercial. | |  | e. | The article includes testimonials from satisfied customers. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.8 Spotlight: How Do You Tell If It’s Nutrition Fact or Nutrition Fiction? | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.8 - Distinguish between reliable science-based nutrition information and nutrition/health fraud. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 30. Limiting your intake of sodium is most helpful in reducing your risk of \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | stroke | |  | b. | gallbladder disease | |  | c. | diabetes | |  | d. | obesity | |  | e. | colon cancer |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.2 Nutrition and Health Promotion | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.2 - Identify lifestyle factors that impact risk for chronic disease. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 31. Which strategy would most likely support healthy eating when dining out?   |  |  |  | | --- | --- | --- | |  | a. | Order grilled rather than fried foods | |  | b. | Use mayonnaise in place of mustard | |  | c. | Order a large burger to obtain adequate protein | |  | d. | Order whole milk rather than a soda | |  | e. | Buy the largest meal with the best deal and skip the next meal. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.7 Nutrition Action: Good and Fast—A Guide to Eating on the Run, or Has Your Waistline Been Supersized? | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.7 - List strategies for choosing healthful meals when dining away from home. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 32. What is the leading cause of death in the United States for people over age 24?   |  |  |  | | --- | --- | --- | |  | a. | Cancer | |  | b. | Heart disease | |  | c. | Homicide | |  | d. | Liver disease | |  | e. | Stroke |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.2 Nutrition and Health Promotion | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.2 - Identify lifestyle factors that impact risk for chronic disease. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 33. Marcia decides to go shopping and wants to purchase foods with less fat and calories and save money at the same time. Which food item is least likely to help Marcia meet her objectives?   |  |  |  | | --- | --- | --- | |  | a. | Salsa | |  | b. | Pork tenderloin | |  | c. | Frozen broccoli | |  | d. | Chicken nuggets | |  | e. | Eggs |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.6 The Savvy Diner: You Can Afford to Eat Nutritious Foods-Tips for Supermarketing | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.6 - Identify tips for stocking a healthy food pantry. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 34. Joy decides to use the smart shopping tips she learned in her college nutrition course. What practice should she avoid while shopping?   |  |  |  | | --- | --- | --- | |  | a. | Shopping when she is hungry | |  | b. | Buying fresh foods in season | |  | c. | Reading the ingredients to compare similar products | |  | d. | Checking the store’s sales circular for items on her shopping list | |  | e. | Shopping the perimeter of the grocery store |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.6 The Savvy Diner: You Can Afford to Eat Nutritious Foods—Tips for Supermarketing | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.6 - Identify tips for stocking a healthy food pantry. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 35. If you weigh 200 pounds and are at a desirable weight, how much of that weight is water?   |  |  |  | | --- | --- | --- | |  | a. | 40 pounds | |  | b. | 80 pounds | |  | c. | 100 pounds | |  | d. | 120 pounds | |  | e. | 140 pounds |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 36. What term refers to nutrients that the body must obtain from food?   |  |  |  | | --- | --- | --- | |  | a. | Building-block nutrients | |  | b. | Indispensable nutrients | |  | c. | Essential nutrients | |  | d. | Basic nutrients | |  | e. | Macronutrients |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 37. Which nutrients provide four calories per gram?   |  |  |  | | --- | --- | --- | |  | a. | Carbohydrate and fat | |  | b. | Fat and protein | |  | c. | Carbohydrate and protein | |  | d. | Alcohol and protein | |  | e. | Carbohydrate and alcohol |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 38. Which vitamins are fat-soluble?   |  |  |  | | --- | --- | --- | |  | a. | A, D, E, and K | |  | b. | A, B, C, and D | |  | c. | B, C, and K | |  | d. | B, C, and D | |  | e. | C, E, and K |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 39. Which nutrients regulate the release of energy and other aspects of metabolism rather than supplying energy?   |  |  |  | | --- | --- | --- | |  | a. | Water and protein | |  | b. | Fats and minerals | |  | c. | Amino acids and vitamins | |  | d. | Vitamins and minerals | |  | e. | Antioxidants and fats |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 40. A slice of pizza contains 24 grams of carbohydrate, 14 grams of fat, and 8 grams of protein. How many total calories would the slice of pie provide?   |  |  |  | | --- | --- | --- | |  | a. | 184 calories | |  | b. | 224 calories | |  | c. | 254 calories | |  | d. | 322 calories | |  | e. | 414 calories |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Apply | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 41. Which substance provides seven calories per gram?   |  |  |  | | --- | --- | --- | |  | a. | Protein | |  | b. | Fat | |  | c. | Carbohydrate | |  | d. | Fiber | |  | e. | Alcohol |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 42. What is a function of water in the body?   |  |  |  | | --- | --- | --- | |  | a. | It regulates the release of energy. | |  | b. | It transports hormonal messages from place to place. | |  | c. | It provides a small amount of energy needed by the nervous system. | |  | d. | It plays a vital role in heart rate. | |  | e. | It controls muscle contractions. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 43. Which disease is least likely to be influenced by diet?   |  |  |  | | --- | --- | --- | |  | a. | Hypertension | |  | b. | Hemophilia | |  | c. | Arthritis | |  | d. | Cancer | |  | e. | Osteoporosis |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.2 Nutrition and Health Promotion | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.2 - Identify lifestyle factors that impact risk for chronic disease. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 44. Where do most Americans obtain nutrition information?   |  |  |  | | --- | --- | --- | |  | a. | Doctors | |  | b. | Family/friends | |  | c. | Television | |  | d. | Magazines | |  | e. | The internet |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 45. Which nutrient provides the most energy per gram?   |  |  |  | | --- | --- | --- | |  | a. | Carbohydrate | |  | b. | Water | |  | c. | Fat | |  | d. | Protein | |  | e. | Alcohol |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 46. Which vitamins are water-soluble?   |  |  |  | | --- | --- | --- | |  | a. | B vitamins and D | |  | b. | A and D | |  | c. | B vitamins and C | |  | d. | A, D, E, and K | |  | e. | C and E |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 47. Susan is deciding what to order for lunch at the fast-food restaurant near her school. Which combination would you recommend as the best nutritional selection?   |  |  |  | | --- | --- | --- | |  | a. | A grilled chicken sandwich with mustard and side salad with vinaigrette | |  | b. | A fried chicken sandwich with mayonnaise and side salad with dressing | |  | c. | A fish patty sandwich with tartar sauce and baked potato with butter | |  | d. | A cheeseburger and a milkshake | |  | e. | Nachos with extra guacamole and less sour cream |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.7 Nutrition Action: Good and Fast—A Guide to Eating on the Run, or Has Your Waistline Been Supersized? | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.7 - List strategies for choosing healthful meals when dining away from home. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 48. Which objective is included in *Healthy People 2020*?   |  |  |  | | --- | --- | --- | |  | a. | Reduce consumption of high-fiber snacks. | |  | b. | Reduce rates of iron deficiency. | |  | c. | Decrease the proportion of visits to the doctor. | |  | d. | Decrease the amount of food available to obese households. | |  | e. | Increase muscle-building activities over aerobic activities in adults. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.4 A National Agenda for Improving Nutrition and Health | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.4 - 4 List several national nutrition-related objectives aimed at improving the nation's health. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 49. A double cheeseburger with bacon contains 44 grams of protein, 28 grams of carbohydrate, and 39 grams of fat. What percentage of calories in the sandwich comes from fat?   |  |  |  | | --- | --- | --- | |  | a. | 28 percent | |  | b. | 55 percent | |  | c. | 74 percent | |  | d. | 82 percent | |  | e. | There is not sufficient information to determine the percentage of calories from fat. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *DIFFICULTY:* | Apply | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 50. Helen is ordering a pizza for her family. Which topping(s) would be the best choice as a good low-calorie selection?   |  |  |  | | --- | --- | --- | |  | a. | Green peppers, mushrooms, and onions | |  | b. | Pepperoni | |  | c. | Sausage | |  | d. | Extra cheese | |  | e. | Canadian bacon |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.7 Nutrition Action: Good and Fast—A Guide to Eating on the Run, or Has Your Waistline Been Supersized? | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.7 - List strategies for choosing healthful meals when dining away from home. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 51. Who often plays the most powerful role in determining the typical individual’s food choices?   |  |  |  | | --- | --- | --- | |  | a. | The father | |  | b. | Siblings | |  | c. | The mother | |  | d. | Friends | |  | e. | Coworkers |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 52. Jerry signs up for a scientific study in which he will follow a special diet that may lower his high blood cholesterol level. This is a(n) \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | intervention study | |  | b. | placebo study | |  | c. | epidemiological study | |  | d. | survey study | |  | e. | experimental study |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.8 Spotlight: How Do You Tell If It’s Nutrition Fact or Nutrition Fiction? | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.8 - Distinguish between reliable science-based nutrition information and nutrition/health fraud. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 53. What substance supplies energy without promoting growth or repair of the body?   |  |  |  | | --- | --- | --- | |  | a. | Tobacco | |  | b. | Fat | |  | c. | Alcohol | |  | d. | Glucose | |  | e. | Copper |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 54. If a food has 20 grams of fat and 300 calories per serving, what is the percentage of calories from fat in this food?   |  |  |  | | --- | --- | --- | |  | a. | 20 percent | |  | b. | 25 percent | |  | c. | 35 percent | |  | d. | 50 percent | |  | e. | 60 percent |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *DIFFICULTY:* | Apply | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 55. Sasha wants to consume 30 percent of her total calories from fat and she eats 1800 calories per day. What is the maximum number of fat grams she should eat?   |  |  |  | | --- | --- | --- | |  | a. | 45 grams | |  | b. | 55 grams | |  | c. | 60 grams | |  | d. | 77 grams | |  | e. | 135 grams |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Apply | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 56. The habit of *hara hachi bu* in Okinawan culture involves \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | not smoking or drinking alcohol | |  | b. | eating until only 80 percent full | |  | c. | exercising 45 minutes each day | |  | d. | eating less than 35 percent of calories from fat | |  | e. | beginning each day with a low-calorie, nutrient-dense meal |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.3 The Savvy Diner: Eating Pattern for Longevity | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.3 - Describe lifestyle practices associated with longevity and health. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 57. One nutrition-related *Healthy People 2020* objective is to reduce the consumption of \_\_\_\_ in the U.S. population.   |  |  |  | | --- | --- | --- | |  | a. | solid fats and added sugars | |  | b. | various vegetables | |  | c. | calcium-rich foods | |  | d. | dietary whole grains | |  | e. | iron-rich foods |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.4 A National Agenda for Improving Nutrition and Health | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.4 - 4 List several national nutrition-related objectives aimed at improving the nation's health. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 58. Which of the following is a correct statement regarding American current food intake and health status?   |  |  |  | | --- | --- | --- | |  | a. | Vegetable intake is low but whole grain and fruit intake is adequate. | |  | b. | Over half of the American population engages in no leisure-time physical activity. | |  | c. | One-third of adults are overweight or obese. | |  | d. | Obesity rates in American children are not a current concern but may become one if lifestyle habits do not change. | |  | e. | Over half of Americans suffer from a disease or condition is preventable through dietary intake and physical activity. |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.4 A National Agenda for Improving Nutrition and Health | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.4 - 4 List several national nutrition-related objectives aimed at improving the nation's health. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 59. How does the diet of the centenarians from the islands of Okinawa compare to that of most U.S. adults?   |  |  |  | | --- | --- | --- | |  | a. | U.S. adults consume more seafood but fewer saturated fats. | |  | b. | Okinawans consume more vegetables but fewer calories. | |  | c. | U.S. adults consume more fruits but fewer calories. | |  | d. | Okinawans consume more calories but fewer sweets. | |  | e. | U.S. adults consume more foods with high antioxidant levels. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.3 The Savvy Diner: Eating Pattern for Longevity | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.3 - Describe lifestyle practices associated with longevity and health. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 60. Cultural norms help determine food choices by \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | imparting an innate preference for sweet tastes | |  | b. | dictating nutrition guidelines for the government | |  | c. | influencing beliefs about which plants and animals should be eaten as food | |  | d. | controlling the physiological need for food | |  | e. | encouraging the acceptance of all types of foods |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 61. One hallmark of a credible nutrition article is that it \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | describes results of a study of a sufficiently large group of people | |  | b. | analyzes research studies that are at least 10 years old | |  | c. | presents results that differ remarkably from those of similar studies | |  | d. | appears in a respected newspaper with a large national circulation | |  | e. | includes several cases of anecdotal support |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.8 Spotlight: How Do You Tell If It’s Nutrition Fact or Nutrition Fiction? | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.8 - Distinguish between reliable science-based nutrition information and nutrition/health fraud. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 62. Simone is looking for scientifically supported information on nutrition, and performs an Internet search. Which criteria suggest that the site features **unreliable** information?   |  |  |  | | --- | --- | --- | |  | a. | The site states: “This website is authored and maintained by John Fawkes, M.D., a practicing physician who teaches at John Hopkins University School of Medicine.” | |  | b. | The latest post on the “recent news” page is dated the day before. | |  | c. | The site describes both potential risks and benefits when describing nutritional practices or products. | |  | d. | The sources of statistics and study findings discussed are unavailable on the site. | |  | e. | The summary information is presented in an objective manner. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.8 Spotlight: How Do You Tell If It’s Nutrition Fact or Nutrition Fiction? | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.8 - Distinguish between reliable science-based nutrition information and nutrition/health fraud. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 63. What is an example of a fortified food?   |  |  |  | | --- | --- | --- | |  | a. | Organically grown strawberries | |  | b. | Low-fat potato chips | |  | c. | 93 percent lean ground beef | |  | d. | Iodized salt | |  | e. | Natural supplements |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.2 Nutrition and Health Promotion | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.2 - Identify lifestyle factors that impact risk for chronic disease. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 64. What is the approximate prevalence of obesity among adults in the United States today?   |  |  |  | | --- | --- | --- | |  | a. | 20 percent | |  | b. | 33 percent | |  | c. | 42 percent | |  | d. | 48 percent | |  | e. | 54 percent |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.4 A National Agenda for Improving Nutrition and Health | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.4 - 4 List several national nutrition-related objectives aimed at improving the nation's health. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 65. According to the current assessment of research studies, what disease risk is reduced by a diet rich in fiber from fruits, vegetables, legumes, and whole grains?   |  |  |  | | --- | --- | --- | |  | a. | Diabetes mellitus type 1 | |  | b. | Diverticular disease | |  | c. | Alzheimer’s disease | |  | d. | Sickle-cell anemia | |  | e. | Osteoporosis |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.8 Spotlight: How Do You Tell If It’s Nutrition Fact or Nutrition Fiction? | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.8 - Distinguish between reliable science-based nutrition information and nutrition/health fraud. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 66. What is the collective term for all the chemical and physical reactions occurring in living cells, including the reactions by which the body obtains and uses energy from foods?   |  |  |  | | --- | --- | --- | |  | a. | Biochemistry | |  | b. | Epidemiology | |  | c. | Active transport | |  | d. | Cellular respiration | |  | e. | Metabolism |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 67. On average, how much water does your body lose each day in the form of sweat and urine?   |  |  |  | | --- | --- | --- | |  | a. | Two cups | |  | b. | Two pints | |  | c. | Four to six cups | |  | d. | Two to three quarts | |  | e. | One gallon |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 68. What are organic, or carbon-containing, essential nutrients that are vital to life but needed only in relatively minute amounts?   |  |  |  | | --- | --- | --- | |  | a. | Trace minerals | |  | b. | Catalysts | |  | c. | Micro minerals | |  | d. | Metabolites | |  | e. | Vitamins |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 69. Limiting fat intake to 20 to 30 percent of total calories is recommended to reduce the risk of \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | heart disease | |  | b. | tooth decay | |  | c. | gum disease | |  | d. | osteoporosis | |  | e. | osteoarthritis |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.2 Nutrition and Health Promotion | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.2 - Identify lifestyle factors that impact risk for chronic disease. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 70. According to “The Longevity Game” by Northwestern Mutual Life Insurance Company, which trait or behavior is most likely to add to the average life expectancy?   |  |  |  | | --- | --- | --- | |  | a. | Retiring at age 62 | |  | b. | Exercising once per week | |  | c. | Wearing seatbelts at all times, excluding short trips | |  | d. | Being female | |  | e. | Drinking three glasses of wine per day |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | Scorecard: The Longevity Game | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.3 - Describe lifestyle practices associated with longevity and health. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 71. \_\_\_\_\_\_\_is the leading cause of preventable death in the United States.   |  |  |  | | --- | --- | --- | |  | a. | Alcohol | |  | b. | Poor diet/inactivity | |  | c. | Tobacco | |  | d. | Accidents | |  | e. | Firearms |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.2 Nutrition and Health Promotion | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.2 - Identify lifestyle factors that impact risk for chronic disease. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 72. A(n) \_\_\_\_\_\_\_\_\_\_\_\_\_ examines populations to determine food patterns and health status over time.   |  |  |  | | --- | --- | --- | |  | a. | epidemiological study | |  | b. | intervention study | |  | c. | correlational study | |  | d. | control group | |  | e. | clinical study |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.8 Spotlight: How Do You Tell If It’s Nutrition Fact or Nutrition Fiction? | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.8 - Distinguish between reliable science-based nutrition information and nutrition/health fraud. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 73. The physiological need for food is also known as \_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | hunger | |  | b. | craving | |  | c. | satiety | |  | d. | appetite | |  | e. | food perception |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 74. \_\_\_\_\_\_\_is the psychological desire to eat.   |  |  |  | | --- | --- | --- | |  | a. | Hunger | |  | b. | Craving | |  | c. | Satiety | |  | d. | Appetite | |  | e. | Food perception |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 75. Dietary recommendations for sugar are to consume \_\_\_\_\_\_ of total calories from added sugars.   |  |  |  | | --- | --- | --- | |  | a. | less than 10 percent | |  | b. | between 10 to 15 percent | |  | c. | less than 20 percent | |  | d. | less than 25 percent | |  | e. | no more than 25 percent |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.4A National Agenda for Improving Nutrition and Health | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.2 - Identify lifestyle factors that impact risk for chronic disease. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 76. A \_\_\_\_\_\_ food is one that is low in calories compared to the amount of nutrients it contains.   |  |  |  | | --- | --- | --- | |  | a. | calorie-dense | |  | b. | energy-dense | |  | c. | nutrient-dense | |  | d. | healthy | |  | e. | balanced |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 77. A \_\_\_\_\_\_\_ study minimizes the chances that the results are due to a placebo effect or to bias on the part of the researcher.   |  |  |  | | --- | --- | --- | |  | a. | controlled and valid | |  | b. | randomized and epidemiological | |  | c. | valid and randomized | |  | d. | epidemiological | |  | e. | controlled and randomized |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.8 Spotlight: How Do You Tell If It’s Nutrition Fact or Nutrition Fiction? | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.8 - Distinguish between reliable science-based nutrition information and nutrition/health fraud. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 78. Access to an abundance of foods has been shown to contribute to increased rates of \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | degenerative diseases | |  | b. | hereditary diseases | |  | c. | healthy eating patterns | |  | d. | unprocessed foods eaten | |  | e. | individuals at healthy weights |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.2 Nutrition and Health Promotion | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.2 - Identify lifestyle factors that impact risk for chronic disease. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 79. \_\_\_\_\_\_\_\_\_refers to the traditional foods eaten by the people of a particular culture.   |  |  |  | | --- | --- | --- | |  | a. | Culture | |  | b. | Food perception | |  | c. | Ethnic cuisine | |  | d. | International cuisine | |  | e. | Religious cuisine |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 80. Degenerative illnesses sometimes known as \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | unintentional diseases | |  | b. | illnesses of poverty | |  | c. | fast food diseases | |  | d. | diseases of affluence | |  | e. | cultural illnesses |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 81. Avoiding the consumption of meat on Fridays during Lent is an example of a food choice based on \_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | customs | |  | b. | social groups | |  | c. | religion | |  | d. | perception | |  | e. | sustainability |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| *Match the term with the short phrase or description that best matches it.*   |  |  | | --- | --- | | a. | *A measure of the energy that food can provide* | | b. | *Substances obtained from food and used in the body to promote growth, maintenance, and repair* | | c. | *All of the chemical and physical reactions occurring in living cells* | | d. | *A substance that must be obtained from food because the body cannot make it in sufficient quantities* |  |  |  | | --- | --- | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Matching | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:50 AM | | *DATE MODIFIED:* | 11/7/2017 6:52 AM | |

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| 82. *Metabolism*   |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | |

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| 83. *Essential nutrients*   |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | |

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| 84. *Nutrient*   |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | |

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| 85. *Calories*   |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | |

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| *Match the term with the short phrase or description that best matches it.*   |  |  | | --- | --- | | a. | A study of a population that searches for possible correlations between nutrition factors and health patterns over time | | b. | A population study examining the effects of a treatment on experimental subjects compared to a control group | | c. | A group of individuals with characteristics that match the group being treated in an intervention study but who receive a sham treatment or no treatment at all | | d. | A sham or neutral treatment given to a control group | | e. | A simultaneous change in two factors | | f. | The participants in a study who receive the real treatment or intervention under investigation | | g. | Accuracy in results; low risk of results simply being a coincidence | | h. | A published study whose results have been reviewed by experts in the field of study |  |  |  | | --- | --- | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.8 Spotlight: How Do You Tell If It’s Nutrition Fact or Nutrition Fiction? | | *QUESTION TYPE:* | Matching | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.8 - Distinguish between reliable science-based nutrition information and nutrition/health fraud. | | *DATE CREATED:* | 11/7/2017 6:52 AM | | *DATE MODIFIED:* | 11/7/2017 6:55 AM | |

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| 86. Peer review   |  |  | | --- | --- | | *ANSWER:* | h | | *POINTS:* | 1 | |

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| 87. Control group   |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | |

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| 88. Correlation   |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | |

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| 89. Epidemiological study   |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | |

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| 90. Experimental group   |  |  | | --- | --- | | *ANSWER:* | f | | *POINTS:* | 1 | |

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| 91. Intervention study   |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | |

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| 92. Placebo   |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | |

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| 93. Validity   |  |  | | --- | --- | | *ANSWER:* | g | | *POINTS:* | 1 | |

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| *Match the term with the short phrase or description that best matches it.*   |  |  | | --- | --- | | a. | Conscious deceit regarding health that is practiced for profit. | | b. | Another name for fraud. | | c. | Approval by a professional organization of an educational program offered. | | d. | A person who claims to be capable of advising people about their diets. | | e. | A correspondence school that grinds out degrees the way a grain mill grinds out flour. | | f. | Part of the U.S. Constitution that guarantees freedom of the press. | | g. | A school from which courses can be taken and degrees granted by mail. | | h. | A professional who has graduated from a program of dietetics accredited by the Commission on Accreditation for Dietetics Education (CADE). |  |  |  | | --- | --- | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.8 Spotlight: How Do You Tell If It’s Nutrition Fact or Nutrition Fiction? | | *QUESTION TYPE:* | Matching | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.8 - Distinguish between reliable science-based nutrition information and nutrition/health fraud. | | *DATE CREATED:* | 11/7/2017 6:55 AM | | *DATE MODIFIED:* | 11/7/2017 6:58 AM | |

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| 94. Correspondence school   |  |  | | --- | --- | | *ANSWER:* | g | | *POINTS:* | 1 | |

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| 95. Diploma mill   |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | |

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| 96. First Amendment   |  |  | | --- | --- | | *ANSWER:* | f | | *POINTS:* | 1 | |

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| 97. Health fraud   |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | |

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| 98. Quackery   |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | |

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| 99. Nutritionist   |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | |

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| 100. RD   |  |  | | --- | --- | | *ANSWER:* | h | | *POINTS:* | 1 | |

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| 101. Accreditation   |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | |

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| 102. Explain why the term “malnutrition” does not necessarily mean a person is suffering from a deficiency disease.   |  |  | | --- | --- | | *ANSWER:* | Overnutrition, calorie or nutrient overconsumption severe enough to cause disease or increased risk of disease, is a form of malnutrition. | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.2 Nutrition and Health Promotion | | *QUESTION TYPE:* | Subjective Short Answer | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.2 - Identify lifestyle factors that impact risk for chronic disease. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 103. List three of the leading causes of death that have been linked to diet.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. Leading causes of death that have been linked to diet are:  • heart disease  • cancer  • stroke  • diabetes  • hypertension | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.2 Nutrition and Health Promotion | | *QUESTION TYPE:* | Subjective Short Answer | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.2 - Identify lifestyle factors that impact risk for chronic disease. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 104. Define the term *organic*. How do the properties of vitamins relate to their organic nature? Contrast these points with the properties of inorganic compounds such as minerals.   |  |  | | --- | --- | | *ANSWER:* | In chemistry, organic refers to substances or molecules containing carbon-carbon bonds or carbon-hydrogen bonds that are characteristic of living organisms. The four classes of nutrients that are organic are carbohydrates, lipids (fats), proteins, and vitamins.  Inorganic compounds or substances are those not containing carbon or pertaining to living organisms. The two classes of nutrients that are inorganic are minerals and water. | | *POINTS:* | 1 | | *DIFFICULTY:* | Bloom’s: Understand | | *REFERENCES:* | 1.1 The Nutrients in Foods | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.1 - List the six classes of nutrients. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 105. List five foods that you have eaten in the past week, and indicate the possible factors that influenced those food choices. Make sure to choose foods that were influenced by different factors; answers should not list the same factors for each food given.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. Factors included in the student’s response may include:  • Hunger, appetite, and food habits  • Nutrition knowledge, health beliefs/concerns, and practices  • Availability, convenience, and economy  • Advertising and the media  • Early experiences, social interactions, and cultural traditions  • Personal preference, taste, and psychological needs  • Values, such as political views, environmental concerns, and religious beliefs | | *POINTS:* | 1 | | *DIFFICULTY:* | Analyze | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 106. Angie read an article that suggests fasting several hours each day as a possible way to lose weight and improve her health. She wants to try the diet in the article, but she shares the story with you first since she knows you are taking a nutrition class. You warn Angie that there are many bogus nutrition stories in the media and that she should first ask a series of question to attempt to determine if this article is a bogus story or a legitimate news story. List four questions that should be asked about the Angie’s article to determine credibility.   |  |  | | --- | --- | | *ANSWER:* | Questions that should be considered when attempting to separate a bogus story from a legitimate nutritional news story include:  • Where is the study published?  • How recent is the study?  • What research methods were used to obtain the data?  • What was the size of the study?  • Who were the subjects?  • Does a consensus of published studies support the results reported in the news? | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.8 Spotlight: How Do You Tell If It’s Nutrition Fact or Nutrition Fiction? | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.8 - Distinguish between reliable science-based nutrition information and nutrition/health fraud. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 107. Explain how an individual’s genetic, environmental, behavioral, and social factors work together to determine a person’s likelihood of suffering from a degenerative disease.   |  |  | | --- | --- | | *ANSWER:* | Answers may vary. The following is an example:  A number of environmental, behavioral, social, and genetic factors work together to determine a person’s likelihood of suffering from a degenerative disease. For example, diet notwithstanding, someone who smokes, does not exercise regularly, and has a parent who suffered a heart attack is more likely to end up with heart disease than a nonsmoker who works out regularly and does not have a close relative with heart disease. The way to alter disease risk is to concentrate on changing the daily habits that can be controlled. The results can be significant. | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.2 Nutrition and Health Promotion | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.2 - Identify lifestyle factors that impact risk for chronic disease. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 108. You want to provide healthy meals for your family, but you do not have a much time to prepare food or a large food budget for items like organic foods. List three actions you can take to help save money and time while providing healthy meals.   |  |  | | --- | --- | | *ANSWER:* | Things you can do to help save money and time while providing healthful meals for you and your family include:  1. Buy local foods and fresh foods in season. Use the local newspaper to find the best seasonal buys and special sale items.  2. Shop from a list to help avoid buying unnecessary items. Keep a running list in your kitchen, and note items that you need to replace.  3. Read the ingredients list and Nutrition Facts label on packaged foods; compare amounts of fat, sodium, calories, and nutrients in similar products. Ingredients are listed in order of quantity.  4. Use “sell by” and “best if used by” dates to ensure quality and freshness. Buy only the amount you or your family will eat before the food spoils.  5. Shop the perimeter of the grocery store to find many fresh whole foods: fresh produce; low-fat dairy products; lean meats, poultry, and fish; and whole-grain breads. Maneuver down the aisles only for specific items on your list, such as canned tomato products, spices, and canned or dry beans. | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.6 The Savvy Diner: You Can Afford to Eat Nutritious Foods—Tips for Supermarketing | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.6 - Identify tips for stocking a healthy food pantry. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 109. What is the purpose or goal of Healthy People 2020 and list five of the objectives.   |  |  | | --- | --- | | *ANSWER:* | *Healthy People 2020* is a health promotion strategy for improving the nation’s health whose goal is to help all Americans achieve their full potential by attaining high-quality, longer lives free of preventable disease, by eliminating health disparities, by creating social and physical environments that promote good health, and by promoting healthy behaviors across the life span.  Specific objectives that students may list include:  Increase the proportion of adults who are at a healthy weight.  Reduce the proportion of adults who are obese.  Reduce the proportion of children and adolescents who are overweight or obese.  Increase the contribution of fruits to the diets of the population aged 2 years and older.  Increase the contribution of total vegetables to the diets of the population aged 2 years and older.  Increase the contribution of dark green vegetables, orange vegetables, and legumes to the diets of the population aged 2 years and older.  Increase the contribution of whole grains to the diets of the population aged 2 years and older.  Reduce consumption of calories from solid fats and added sugars in the population aged 2 years and older.  Reduce consumption of saturated fat in the population aged 2 years and older.  Reduce consumption of sodium in the population aged 2 years and older.  Increase consumption of calcium in the population aged 2 years and older.  Reduce iron deficiency among young children, females of childbearing age, and pregnant women.  Reduce household food insecurity and in so doing reduce hunger.  Increase the number of states that have state-level policies that incentivize food retail outlets to provide foods that are encouraged by the Dietary Guidelines  Increase the number of states with nutrition standards for foods and beverages provided to preschool-aged children in childcare  Increase the percentage of schools that offer nutritious foods and beverages outside of school meals.  Increase the proportion of primary care physicians who regularly measure the body mass index of their patients.  Increase the proportion of physician office visits that include counseling or education related to nutrition or weight.  Increase the proportion of worksites that offer nutrition or weight management classes or counseling. | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.4 A National Agenda for Improving Nutrition and Health | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.4 - 4 List several national nutrition-related objectives aimed at improving the nation's health. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 110. Describe how an early childhood experience related to food has affected your food choices now that you are older.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. As an example, a student may describe holiday food traditions involving recipes or rituals surrounding holiday meals passed from one generation to the next. | | *POINTS:* | 1 | | *DIFFICULTY:* | Understand | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |

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| 111. List three perceived barriers for healthy eating and then give specific examples for how a busy college student might work around each of these barriers to eat healthier.   |  |  | | --- | --- | | *ANSWER:* | Perceived barriers for healthful eating include:  • Healthful foods are not always available from fast-food and take-out restaurants.  • It costs more to eat healthful foods.  • I am too busy to take the time to eat healthfully.  • I hear too much conflicting information about which foods are good for me and which foods are not.  • Healthful foods do not taste as good.  • The people I usually eat with do not eat healthful foods.  Examples of how to work around barriers will vary among students. | | *POINTS:* | 1 | | *DIFFICULTY:* | Remember | | *REFERENCES:* | 1.5 Understanding Our Food Choices | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *LEARNING OBJECTIVES:* | PNUT.BOYL.16.1.5 - Identify different factors that influence personal food choices. | | *DATE CREATED:* | 11/7/2017 6:26 AM | | *DATE MODIFIED:* | 11/7/2017 6:43 AM | |