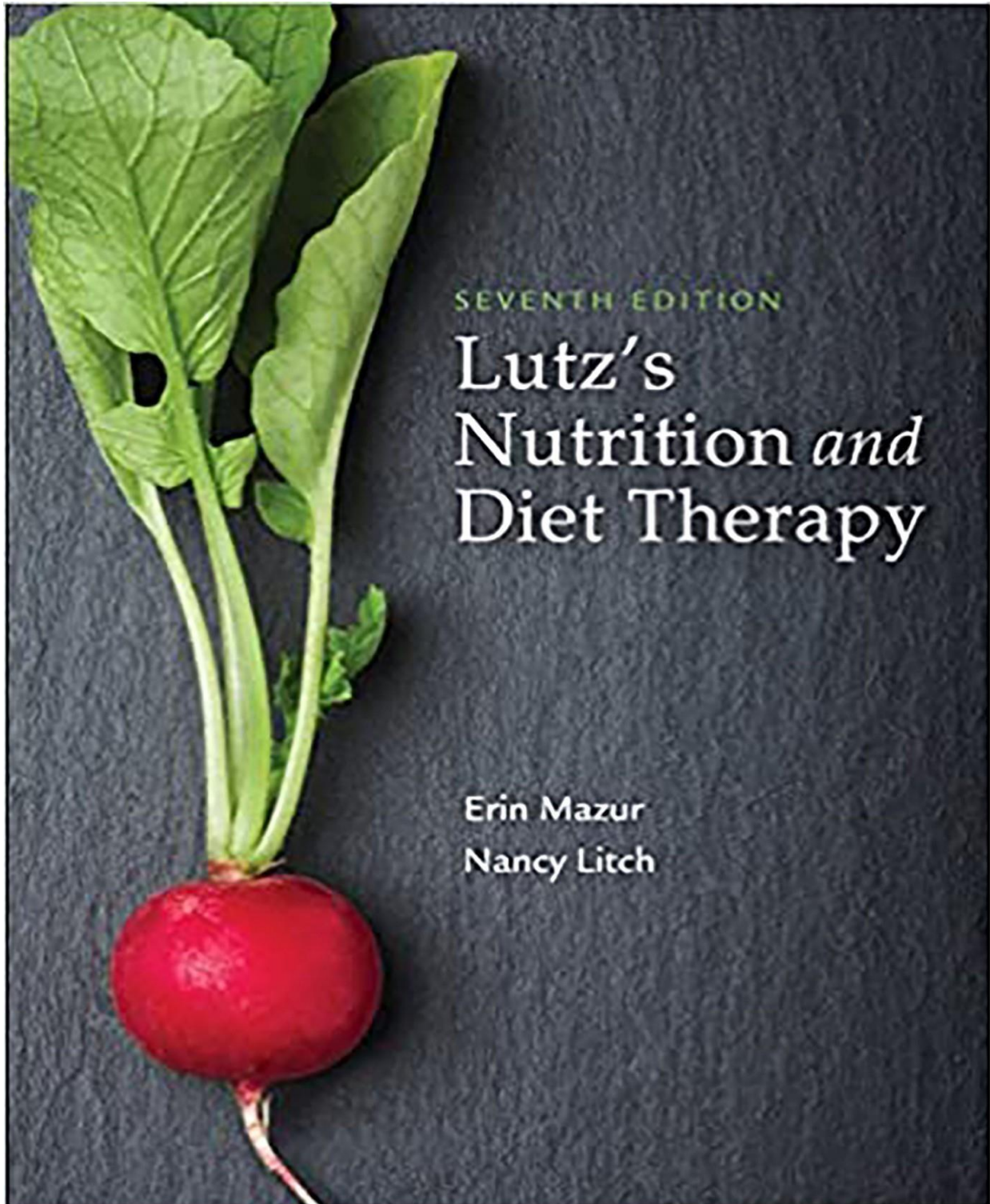


TEST BANK



Product Description

TEST BANK FOR LUTZ'S NUTRITION AND DIET THERAPY 7TH EDITION BY MAZUR AND LITCH

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Chapter 1. Nutrition in Human Health

Multiple Choice

Identify the choice that best completes the statement or answers the question.

_____ 1. A nurse is leading a seminar with middle school students on healthy food choices at the community health center every Tuesday. The nurse knows that the seminar is a form of:

1. Secondary prevention
2. Primary prevention
3. Tertiary prevention
4. Complication prevention

_____ 2. A nurse knows that energy nutrients are measured in which of the following ways?

1. Kilocalories

2. Proteins
3. Heat (thermal)
4. Electric signals

_____ 3. A nurse is caring for a client with Crohn disease. The nurse notes that the health-care provider has ordered the addition of omega-3 fatty acids to the diet and omega-3 fatty acid supplement to the medication regimen. The nurse suspects the health-care provider is applying which process to help this client minimize chronic inflammation from the disease?

1. Nutrigenetics
2. Epigenetics
3. Nutrigenomics
4. Epigenomics

_____ 4. Which is the main focus of the 2015–2020 Dietary Guidelines?

1. Overall eating patterns should be based on personal and cultural choice.
2. Provide simple instructions that promote healthy eating patterns.

3. Monitor dietary intake through a telephone survey.
4. Increase the number of schools providing fruits and vegetables.

_____ 5. Which statement made to a nurse about food insecurity is concerning?

1. "My mom cooks once a week and we go out to eat the other days."
2. "We often eat at the local shelter when we can."
3. "I often feel like I don't want to eat; I'm getting so fat!"
4. "I love to cook. I often cook for my friends and family."

_____ 6. In order to make suitable recommendations about nutritional status, which criteria must the nurse gather during assessment from a client diagnosed with diabetes?

1. Reported dietary intake and physical examination
2. Anthropomorphic measurements and physical examination
3. Food diary and interview
4. Dietary recalls and self-report

_____ 7. A nurse is caring for a client diagnosed with diverticulitis. Which question asked during nutritional assessment is most appropriate for the nurse to ask?

1. "Do you consume meat at most of your meals?"
2. "Doesn't everyone like grilled chicken?"
3. "What comfort foods do you enjoy?"
4. "What types of food do you do you consume regularly?"

_____ 8. A nurse is caring for a client admitted to the emergency department (ED). When the nurse learns that the client is an Alaskan native, which diagnosis of acculturation does the nurse suspect?

1. COPD
2. Diabetes
3. Crohn disease
4. Gastrointestinal bleeding

_____ 9. When taking care of a client with irritable bowel syndrome (IBS), the nurse talks about new genetic knowledge that could personalize nutrition prescriptions. The nurse does this to:

1. Cure the disease
2. Research proper use of prescriptions
3. Utilize nutrients properly
4. Help address nutritional needs

Multiple Response

Identify one or more choices that best complete the statement or answer the question.

_____ 10. A nurse is caring for a client diagnosed with bulimia. In addition to the nurse, which other members of the health-care team are involved in the comprehensive nutritional assessment? *Select all that apply.*

1. Social worker
2. Laboratory staff
3. Dietitian
4. Physician
5. Physical therapist