

TEST BANK

WILLIAMS'

Essentials of Nutrition and Diet Therapy



12TH
EDITION

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**TEST BANK FOR WILLIAMS' ESSENTIALS OF NUTRITION AND DIET THERAPY,
12TH EDITION BY ELEANOR SCHLENKER AND JOYCE ANN GILBERT**

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Chapter 01: Nutrition and Health

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MULTIPLE CHOICE

1. The major focus of nutritional recommendations in this century has shifted to:
 - a. prevention and control of chronic diseases.
 - b. improved sanitation and public health.
 - c. prevention and control of infectious diseases.
 - d. development of healthful foods using food technology.

ANS: A DIF: Easy REF: p. 2
MSC: Type of Question: Knowledge

2. A physical science that contributes to understanding how nutrition relates to health and well-being is:
 - a. anatomy.
 - b. biochemistry.
 - c. physics.
 - d. pharmacology.

ANS: B DIF: Easy REF: p. 6
MSC: Type of Question: Knowledge

3. The body of scientific knowledge related to nutritional requirements of human growth, maintenance, activity, and reproduction is known as:
 - a. physiology.
 - b. nutrition science.
 - c. biochemistry.
 - d. dietetics.

ANS: B DIF: Easy REF: p. 7
MSC: Type of Question: Knowledge

4. The professional primarily responsible for application of nutrition science in clinical practice settings is the:
 - a. nurse.
 - b. physician.
 - c. public health nutritionist.
 - d. registered dietitian.

ANS: D DIF: Easy REF: p. 7
MSC: Type of Question: Knowledge

5. The primary responsibility for nutrition care of people in the community belongs to the:
 - a. community physician.
 - b. public health nurse.
 - c. public health nutritionist.
 - d. registered dietitian.

ANS: C DIF: Easy REF: p. 7

MSC: Type of Question: Knowledge

6. The best source of nutrients is provided by:
- specific food combinations.
 - a variety of foods.
 - individual foods.
 - a variety of food supplements.

ANS: B DIF: Easy REF: p. 7
MSC: Type of Question: Knowledge

7. Macronutrients include:
- minerals.
 - proteins.
 - vitamins.
 - enzymes.

ANS: B DIF: Easy REF: p. 7
MSC: Type of Question: Knowledge

8. Micronutrients include:
- fats.
 - proteins.
 - vitamins.
 - carbohydrates.

ANS: C DIF: Easy REF: p. 7
MSC: Type of Question: Knowledge

9. The sum of all chemical processes inside living cells of the body that sustain life and health is known as:
- physiology.
 - digestion.
 - metabolism.
 - nutrition.

ANS: C DIF: Easy REF: p. 7
MSC: Type of Question: Knowledge

10. A primary function of macronutrients in the body is to:
- supply energy.
 - regulate metabolic processes.
 - maintain homeostasis.
 - control cellular activity.

ANS: A DIF: Medium REF: p. 7
MSC: Type of Question: Knowledge

11. Nutrients interact in the body to regulate metabolic processes, to build and repair tissue, and to:
- provide energy.
 - control cellular wastes.
 - control hormone levels.

d. regulate absorption.

ANS: A DIF: Medium REF: p. 7

MSC: Type of Question: Knowledge

12. Individual nutrients are characterized by their ability to:

- a. work alone.
- b. fulfill specific metabolic roles.
- c. influence weight loss.
- d. improve mental status.

ANS: B DIF: Medium REF: p. 7

MSC: Type of Question: Knowledge

13. The nutrient group that provides the primary source of energy for the body is:

- a. carbohydrates.
- b. fats.
- c. proteins.
- d. vitamins.

ANS: A DIF: Medium REF: p. 7

MSC: Type of Question: Knowledge

14. The primary function of carbohydrates as a food source is to:

- a. regulate metabolic processes.
- b. build body tissue.
- c. supply energy.
- d. provide bulk.

ANS: C DIF: Easy REF: p. 7

MSC: Type of Question: Knowledge

15. The main body storage form of carbohydrates is:

- a. glycogen.
- b. starch.
- c. fat.
- d. glucose.

ANS: A DIF: Medium REF: p. 7

MSC: Type of Question: Knowledge

16. The number of kilocalories (kcalories or kcal) provided by a food that contains 30 g of carbohydrate is:

- a. 90.
- b. 120.
- c. 180.
- d. 270.

ANS: B

Carbohydrate contains 4 kcal per gram; therefore, 30 g carbohydrate contains $30 \times 4 = 120$ kcal.

DIF: Medium REF: p. 7

MSC: Type of Question: Application

17. The percentage of the total daily caloric intake for healthy persons that should be supplied by carbohydrate is:
- 10% to 35%.
 - 20% to 35%.
 - 40% to 55%.
 - 45% to 65%.

ANS: D DIF: Medium REF: p. 7
MSC: Type of Question: Knowledge

18. It has been generally accepted that the percentage of total daily kcalories supplied by fats should be no more than:
- 10% to 15%.
 - 10% to 35%.
 - 20% to 35%.
 - 40% to 55%.

ANS: C DIF: Medium REF: p. 7
MSC: Type of Question: Knowledge

19. The number of kcalories provided by a food that contains 22 g of fat is:
- 88.
 - 132.
 - 154.
 - 198.

ANS: D
Fat contains 9 kcal per gram; therefore, the number of kcal in 22 g of fat is $22 \square 9 = 198$ kcal.

DIF: Medium REF: p. 7 MSC: Type of Question: Application

20. The primary function of protein in the body is to:
- supply energy.
 - regulate metabolic processes.
 - control muscle contractions.
 - build tissue.

ANS: D DIF: Easy REF: p. 7
MSC: Type of Question: Knowledge

21. The number of kcalories provided by 15 g of protein is:
- 15.
 - 45.
 - 60.
 - 135.

ANS: C
Protein contains 4 kcal per gram; therefore, the number of kcal in 15 g protein is $15 \square 4 = 60$ kcal.

DIF: Medium REF: p. 7 MSC: Type of Question: Application