

## Basic Nutrition Post-Test

1. The six classes of nutrients are \_\_\_\_\_.
  - a. carbohydrates, proteins, fats, starches, fiber, and omega-3
  - b. starches, milks, fruits, proteins, non-starchy vegetables, and fats
  - c. starches, sugars, proteins, fats, vitamins, and minerals
  - d. carbohydrates, proteins, fats, vitamins, minerals, and water
2. Which has the most calories?
  - a. 1 gram protein
  - b. 1 gram fat
  - c. 1 gram carbohydrate
  - d. B and C only
  - e. They all have the same amount of calories.
3. How many calories per gram do carbohydrates have?
  - a. 1 calorie per gram
  - b. 4 calories per gram
  - c. 9 calories per gram
  - d. 7 calories per gram
4. Select the nutrient(s) that do NOT provide calories. (Select all that apply.)
  - a. Carbohydrate
  - b. Protein
  - c. Fat
  - d. Vitamins
  - e. Minerals
  - f. Water
5. Which of the following foods are significant sources of carbohydrate? (Select all that apply.)
  - a. Steak
  - b. Cheese
  - c. Milk
  - d. Bread
6. Which of the following are significant sources of protein? (Select all that apply.)
  - a. Grapes
  - b. Almonds
  - c. Fish
  - d. Crackers

7. Which of the following is the best source of iron?
- Roast Beef
  - Broccoli
  - Chicken
  - Milk
8. If a client is concerned about high blood pressure, the first thing you would want to talk to her about is her intake of \_\_\_\_\_.
- saturated fat
  - protein
  - sodium
  - total fat

Use the food label to answer questions 9-13:

9. What is the serving size of this food?
- 4 oz.
  - 16 oz.
  - 8 oz.
  - 130 g
10. How many calories are in this entire package?
- 520
  - 1120
  - 1300
  - 280
11. How many grams of fat are in ONE serving of this food?
- 3.5
  - 56
  - 120
  - 14
12. How many grams of protein are in TWO servings of this food?
- 4
  - 24
  - 48
  - 96
13. How much fiber is in this entire package of food?
- 13g
  - 1g
  - 4g
  - 12g

| <b>Nutrition Facts</b>   |                              |              |                  |
|--|------------------------------|--------------|------------------|
| Serving Size 4 oz. (113g)  |                              |              |                  |
| Servings Per Container 4   |                              |              |                  |
| Amount Per Serving   |                              |              |                  |
| <b>Calories</b> 280  | <b>Calories from Fat</b> 130 |              |                  |
| % Daily Value*   |                              |              |                  |
| <b>Total Fat</b> 14g   |                              |              | <b>22%</b>       |
| Saturated Fat 3.5g   |                              |              | <b>18%</b>       |
| Trans Fat 2.5g   |                              |              |                  |
| <b>Cholesterol</b> 120mg   |                              |              | <b>40%</b>       |
| <b>Sodium</b> 640mg  |                              |              | <b>27%</b>       |
| <b>Total Carbohydrate</b> 13g  |                              |              | <b>4%</b>        |
| Dietary Fiber 1g   |                              |              | <b>4%</b>        |
| Sugars 0g  |                              |              |                  |
| <b>Protein</b> 24g   |                              |              |                  |
| Vitamin A 2%   |                              | Vitamin C 2% |                  |
| Calcium 2%   |                              | Iron 6%      |                  |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                              |              |                  |
|  |                              | Calories     | 2,000      2,500 |
| Total Fat  | Less Than                    | 65g          | 80g              |
| Saturated Fat  | Less Than                    | 20g          | 25g              |
| Cholesterol  | Less Than                    | 300mg        | 300 mg           |
| Sodium   | Less Than                    | 2,400mg      | 2,400mg          |
| Total Carbohydrate   |                              | 300g         | 375g             |
| Dietary Fiber  |                              | 25g          | 30g              |
| Calories per gram:   |                              |              |                  |
| Fat 9 • Carbohydrate 4 • Protein 4   |                              |              |                  |

14. Which BMI would be considered "ideal" or "healthy?"

- a. 27.5
- b. 17.9
- c. 23.1
- d. 36.2

15. The WIC participant you are working with would like some help making her meals healthier. You complete this food recall with her to get an idea of what typical meals are for her.

**Breakfast:** Toast, milk

**Lunch:** Sandwich with turkey and cheese, chips, banana, water

**Dinner:** Hamburger on a bun with ketchup and mustard, canned mandarin oranges, milk

Which food(s) would be the MOST appropriate for her to add to her daily meal plan?

- a. A serving of low-fat yogurt
- b. Carrot and celery sticks
- c. A small apple
- d. A serving of tuna

16. Choose the foods that would be appropriate for a lacto-vegetarian. (Select all that apply.)

- a. Garden salad with ranch dressing
- b. Lentil stew with turkey sausage
- c. Veggie omelet
- d. Granola cereal with 2% milk
- e. Cheese pizza
- f. Boneless, skinless chicken breast

17. Salmon is a great source of:

- a. trans fat.
- b. omega-3 fatty acid.
- c. whole grain.
- d. vitamin C.

18. Dried beans are a good source of all of the following EXCEPT:

- a. Fiber
- b. Protein
- c. Carbohydrates
- d. Vitamin K

19. A participant comes in to your clinic. She is concerned that her son may have a milk allergy.

When he drinks too much milk, he gets a "tummy ache" and has gas. Do you think this is more likely a milk allergy or lactose intolerance?

- a. Milk allergy
- b. Lactose intolerance

20. The fat in salmon, walnuts, and canola oil: (Select all that apply.)
- is mainly unsaturated fat.
  - can raise cholesterol and should be limited in the diet.
  - has less calories than the fat in butter, cheese, and lard.
  - can help reduce the risk of cardiovascular disease.
21. Digestion begins in the:
- stomach.
  - small intestine.
  - mouth.
  - pancreas.
22. \_\_\_\_\_ are at high risk for iron-deficiency anemia.
- Women
  - Infants
  - Children
  - All of the above
23. All of the following statements about dietary fiber are true EXCEPT:
- It can help reduce constipation.
  - It is absorbed in the small intestine.
  - It provides no energy to the body.
  - Enriched flour is not a good source of fiber.
  - It absorbs water as it moves through the gut.
  - Fruits and vegetables are good sources of fiber.
24. Carbohydrates:
- are mainly found in foods like meat and eggs.
  - are the body's main energy source.
  - are unhealthy, and should be eaten in very limited amounts.
  - build and repair muscle tissue.
25. If a client is taking in an average of 2500 calories per day and burning 2200 calories, you would expect her weight to:
- increase.
  - decrease.
  - stay the same.
26. Trans fats: (Select all that apply.)
- are found mainly in foods like hamburger, bacon, and butter.
  - can help lower your cholesterol.
  - help with brain function.
  - are found in processed foods.
  - should be eaten in very limited amounts.

27. Which is a fat-soluble vitamin?
- Vitamin C
  - Folic acid
  - Vitamin D
  - Vitamin B6
28. The main function of iron is:
- to carry oxygen in the blood.
  - to break protein down into amino acids.
  - to carry nutrients to cells.
  - to help repair connective tissue.
29. \_\_\_ can build up and clog arteries, while \_\_\_ can help lower cholesterol levels in the blood and reduce the risk of heart disease.
- HDL, HDL
  - HDL, LDL
  - LDL, LDL
  - LDL, HDL
30. A client tells you that she heard that eating “good” fats can help decrease her risk of heart disease. She wants to know what foods she should eat to increase her intake of these “good” fats. Which foods would you suggest to her? (Select all that apply.)
- Lean ground beef
  - Canned salmon
  - Avocado
  - Low-fat cheese
  - Olive oil
31. You are talking to a mom with a four-year-old daughter, Sarah. The mom describes a typical day of meals for her daughter:

**Breakfast:** One egg, whole wheat toast with fruit jam, orange juice, skim milk

**Snack:** Grape juice, whole wheat crackers

**Lunch:** Peanut butter sandwich on whole wheat bread, carrot and celery sticks, pretzels, apple juice

**Snack:** Pudding made with skim milk

**Dinner:** Tacos with beef and cheese, pinto beans, brown rice, steamed vegetables, water

What is the best recommendation you can give to this mom for feeding Sarah?

- Add some kind of vegetable at breakfast.
- Replace some of the juice with whole fruit.
- Try replacing the pudding with a high fiber snack.
- Give milk at dinner instead of water.

32. You are working with a mom with a two-year-old son, Joey. The mom tells you that she is concerned because Joey is a very picky eater. She tells you that he will not eat any meat or fish, but he eats eggs every day. After asking probing questions, you find that Joey eats bananas, strawberries, carrots, broccoli, peanut butter, oatmeal, and milk. At this point, you are most concerned that Joey:
- may not be getting enough protein.
  - could have heart disease and high cholesterol from eating so many eggs.
  - may not be getting enough iron.
  - could have constipation from low fiber intake.
  - may not be getting enough vitamin C.
33. You are counseling a working mom of four who tells you that she only buys “convenience” foods like boxed meals, canned vegetables, and frozen dinners. She tells you that she wants her family to have a healthier diet, but she doesn’t know where to start. What should you talk about first? (Select the best answer.)
- Suggest that she plan ahead and write out a menu for the week.
  - Encourage her to find creative recipes and try new things.
  - Tell her that it is very important to take the time to prepare every meal with fresh ingredients.
  - Advise her to make a list before she goes to the store because it will help her to save money.
34. You are talking to a young, breastfeeding mother, and you suspect that she has an eating disorder. What should you do?
- Tell her that she has to eat, and she should not be restricting her intake.
  - Refer her to a nutritionist or physician.
  - Explain the dangers of anorexia nervosa.
  - Ask her if she thinks she is overweight.
35. You are speaking with the Smith family. Dad is concerned that he will lose his job soon and mom stays at home with their five children. Four of their children are WIC participants, but the family is not eligible for SNAP benefits (food stamps). You notice that they are all very overweight. Most likely, this family’s biggest concern today is:
- reducing the amount they eat for good weight control.
  - finding ways to save time when grocery shopping.
  - making sure they are buying the healthiest food possible.
  - saving money and getting the most for their food dollars.