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| 1. Which of the following differentiates chronic disease from acute disease?   |  |  |  | | --- | --- | --- | |  | a. | Chronic disease develops more quickly. | |  | b. | Chronic disease lasts a shorter time. | |  | c. | Chronic disease produces sharp pains. | |  | d. | Chronic disease progresses gradually. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 2. Which of the following differentiates acute disease from chronic disease?   |  |  |  | | --- | --- | --- | |  | a. | Acute disease develops more slowly. | |  | b. | Acute disease progresses quickly. | |  | c. | Acute disease lasts a longer time. | |  | d. | Acute disease has few symptoms in the developmental stages. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 3. What is the primary reason people choose the foods they eat?   |  |  |  | | --- | --- | --- | |  | a. | cost | |  | b. | taste | |  | c. | convenience | |  | d. | nutritional value |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 4. What are the consequences of making poor food choices?   |  |  |  | | --- | --- | --- | |  | a. | Over the long term, poor food choices will reduce lifespan in all people. | |  | b. | Over the long term, poor food choices can contribute to heart disease and cancer. | |  | c. | Over the short term, poor food choices cause chronic disease. | |  | d. | Over even a single day, poor food choices exert great harm to your health. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 5. Which of the following actions is an example of cultural competence applied to nutrition?   |  |  |  | | --- | --- | --- | |  | a. | teaching a new immigrant the names of foods commonly consumed in Canada | |  | b. | translating nutrition information sheets into languages other than English or French | |  | c. | developing a healthy eating plan that includes foods that are traditional to a culture | |  | d. | creating a list of local foods that could substitute for foods common in other cultures |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 6. A strong dislike of noodle soup that began when a child was sick and persisted for years afterwards is an example of which of these influences on food choice?   |  |  |  | | --- | --- | --- | |  | a. | habit | |  | b. | values | |  | c. | conversion | |  | d. | negative association |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 7. Preference for a food because it was offered as a reward for good behaviour when one was young is an example of which of the following terms?   |  |  |  | | --- | --- | --- | |  | a. | social interaction | |  | b. | reverse psychology | |  | c. | positive association | |  | d. | habitual reinforcement |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 8. A person who eats a bowl of oatmeal for breakfast every day would be displaying a food choice most likely based on which of the following factors?   |  |  |  | | --- | --- | --- | |  | a. | habit | |  | b. | availability | |  | c. | body image | |  | d. | environmental concerns |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 9. Which of the following represents a food choice based on negative association?   |  |  |  | | --- | --- | --- | |  | a. | A tourist from China who rejects a hamburger due to unfamiliarity. | |  | b. | A child spits out his mashed potatoes because they taste too salty. | |  | c. | A teenager grudgingly accepts an offer for an ice cream cone to avoid offending a close friend. | |  | d. | An elderly gentleman refuses a peanut butter and jelly sandwich because this food was a staple in the poor family he grew up in. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 10. Jane is watching an exciting sports match of her favourite team and is eating because of nervousness. Her food choice is most likely based on which of the following factors?   |  |  |  | | --- | --- | --- | |  | a. | habit | |  | b. | ethnic heritage | |  | c. | emotional comfort | |  | d. | positive association |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 11. A person who alters his diet due to religious convictions is most likely motivated by which of the following?   |  |  |  | | --- | --- | --- | |  | a. | his values | |  | b. | his body image | |  | c. | his ethnic heritage | |  | d. | his cultural competence |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 12. What is the term for a food that provides health benefits beyond its nutrient contribution?   |  |  |  | | --- | --- | --- | |  | a. | fortified food | |  | b. | enhanced food | |  | c. | functional food | |  | d. | photochemical food |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 13. While rushing to a meeting, Sally realizes she is hungry and purchases food from a vending machine outside her office. What is the most likely motivation for her choice of food?   |  |  |  | | --- | --- | --- | |  | a. | habit | |  | b. | values | |  | c. | convenience | |  | d. | personal preference |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 14. What is the name for nonnutrient substances found in plant foods that show biological activity in the body?   |  |  |  | | --- | --- | --- | |  | a. | folio chemicals | |  | b. | inorganic fibres | |  | c. | phytochemicals | |  | d. | functional nonnutrients |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 15. Approximately how often is the complete lining of a person’s digestive tract renewed?   |  |  |  | | --- | --- | --- | |  | a. | every 2 to 7 days | |  | b. | every 2 weeks | |  | c. | every 1 month | |  | d. | every 2 to 6 months |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 16. Which of the following is present in the highest amounts in most foods?   |  |  |  | | --- | --- | --- | |  | a. | fats | |  | b. | water | |  | c. | proteins | |  | d. | carbohydrates |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 17. Approximately how much water would be found in a 50-kg person?   |  |  |  | | --- | --- | --- | |  | a. | 5 kg | |  | b. | 10 kg | |  | c. | 20 kg | |  | d. | 30 kg |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 18. Which of the following classes of nutrients is inorganic?   |  |  |  | | --- | --- | --- | |  | a. | minerals | |  | b. | protein | |  | c. | carbohydrates | |  | d. | vitamins |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 19. Which of the following terms refers to any nutrient that is BOTH needed by the body AND must be supplied by foods?   |  |  |  | | --- | --- | --- | |  | a. | a nutraceutical | |  | b. | an energy-yielding nutrient | |  | c. | an organic nutrient | |  | d. | an essential nutrient |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 20. Which of the following groups of nutrients contains only macronutrients?   |  |  |  | | --- | --- | --- | |  | a. | carbohydrate, protein, and calcium | |  | b. | water, fat, and carbohydrate | |  | c. | fat, protein, and carbohydrate | |  | d. | protein, water, and calcium |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 21. Which of the following nutrients is a macronutrient?   |  |  |  | | --- | --- | --- | |  | a. | protein | |  | b. | calcium | |  | c. | water | |  | d. | vitamin D |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 22. Which of the following nutrients is a micronutrient?   |  |  |  | | --- | --- | --- | |  | a. | iron | |  | b. | protein | |  | c. | alcohol | |  | d. | carbohydrate |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 23. Which of the following nutrients is an organic compound?   |  |  |  | | --- | --- | --- | |  | a. | iron | |  | b. | water | |  | c. | calcium | |  | d. | vitamin C |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 24. Which of the following best differentiates a nonessential nutrient from an essential nutrient?   |  |  |  | | --- | --- | --- | |  | a. | A nonessential nutrient is found in food. | |  | b. | A nonessential nutrient is degraded by the body. | |  | c. | A nonessential nutrient is made in sufficient quantities by the body. | |  | d. | A nonessential nutrient is used to synthesize other compounds in the body. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 25. Which of the following best describes organic compounds?   |  |  |  | | --- | --- | --- | |  | a. | Organic compounds are products sold at health food stores. | |  | b. | Organic compounds are products grown without use of pesticides. | |  | c. | Organic compounds are foods having superior nutritional qualities. | |  | d. | Organic compounds are substances with carbon-carbon or carbon-hydrogen bonds. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 26. Which of the following is an organic nutrient?   |  |  |  | | --- | --- | --- | |  | a. | fat | |  | b. | water | |  | c. | oxygen | |  | d. | calcium |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 27. Approximately how many nutrients are considered indispensable in the diet?   |  |  |  | | --- | --- | --- | |  | a. | 20 | |  | b. | 40 | |  | c. | 60 | |  | d. | 80 |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 28. If eaten in excess of energy expenditure, which of these nutrients would be stored as fat in the body?   |  |  |  | | --- | --- | --- | |  | a. | vitamins | |  | b. | proteins | |  | c. | phytochemicals | |  | d. | minerals |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 29. Which of these energy-yielding nutrients has a relatively minor role as a fuel source?   |  |  |  | | --- | --- | --- | |  | a. | fat | |  | b. | protein | |  | c. | alcohol | |  | d. | carbohydrate |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 30. Which of these nutrients releases energy during its metabolism?   |  |  |  | | --- | --- | --- | |  | a. | water | |  | b. | minerals | |  | c. | vitamins | |  | d. | carbohydrates |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 31. How much energy is required to raise the temperature of 1 kilogram of water 1°C?   |  |  |  | | --- | --- | --- | |  | a. | 1 kilocalorie | |  | b. | 10 kilocalories | |  | c. | 100 kilocalories | |  | d. | 1000 kilocalories |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 32. Which of the following is an example of a food’s energy density?   |  |  |  | | --- | --- | --- | |  | a. | 2 kcalories per gram of food | |  | b. | 2 kcalories per millilitre of food | |  | c. | 1 gram of food per kcalorie | |  | d. | 1 millilitre of food per kcalorie |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 33. Internationally, units of food energy are expressed in which of these units?   |  |  |  | | --- | --- | --- | |  | a. | newtons | |  | b. | Calories | |  | c. | kilojoules | |  | d. | kilocalories |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 34. What is the equivalent volume, in millilitres, of a half-cup?   |  |  |  | | --- | --- | --- | |  | a. | 50 mL | |  | b. | 85 mL | |  | c. | 120 mL | |  | d. | 200 mL |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 35. What is the approximate weight, in grams, of a half-cup vegetable serving?   |  |  |  | | --- | --- | --- | |  | a. | 25 g | |  | b. | 50 g | |  | c. | 75 g | |  | d. | 100 g |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 36. Gram for gram, which of the following compounds provides the most energy?   |  |  |  | | --- | --- | --- | |  | a. | fats | |  | b. | alcohols | |  | c. | proteins | |  | d. | carbohydrates |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 37. A diet for weight loss calls for a daily intake of 1400 kcalories, which includes 30 g of fat. Approximately what percentage of the total energy is contributed by fat?   |  |  |  | | --- | --- | --- | |  | a. | 2.1 percent | |  | b. | 8.5 percent | |  | c. | 15.0 percent | |  | d. | 19.3 percent |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 38. A diet provides a total of 2200 kcalories per day, of which 40 percent of the energy is from fat and 20 percent from protein. How many grams of carbohydrate are contained in the diet?   |  |  |  | | --- | --- | --- | |  | a. | 220 g | |  | b. | 285 g | |  | c. | 440 g | |  | d. | 880 g |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 39. What is the kcalorie value of a meal supplying 110 g of carbohydrates, 25 g of protein, 20 g of fat, and 5 g of alcohol?   |  |  |  | | --- | --- | --- | |  | a. | 160 kcal | |  | b. | 345 kcal | |  | c. | 640 kcal | |  | d. | 755 kcal |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 40. Which of the following nutrient sources yields MORE energy than 4 kcalories per gram?   |  |  |  | | --- | --- | --- | |  | a. | plant fats | |  | b. | plant proteins | |  | c. | animal proteins | |  | d. | plant carbohydrates |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 41. How is energy released during the metabolism of macronutrients?   |  |  |  | | --- | --- | --- | |  | a. | by heating the macronutrients | |  | b. | by adding bonds to the macronutrients | |  | c. | by breaking the bonds of the macronutrients | |  | d. | by converting the macronutrients into storage compounds |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 42. In the body, what can the chemical energy in food be converted into?   |  |  |  | | --- | --- | --- | |  | a. | heat | |  | b. | light | |  | c. | water | |  | d. | stored mineral (e.g., bone) |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 43. Jenny consumes a large meal providing more energy than she expends. Which component of the meal is LEAST likely to be converted to body fat and stored?   |  |  |  | | --- | --- | --- | |  | a. | lean turkey | |  | b. | whole grain bread | |  | c. | rum | |  | d. | mineral water |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 44. How many different vitamins do we require in our diet?   |  |  |  | | --- | --- | --- | |  | a. | 4 | |  | b. | 8 | |  | c. | 10 | |  | d. | 13 |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 45. Which of the following best differentiates dietary vitamins from dietary minerals?   |  |  |  | | --- | --- | --- | |  | a. | Vitamins are essential. | |  | b. | Vitamins are inorganic. | |  | c. | Vitamins are destructible. | |  | d. | Vitamins are kcalorie-free. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 46. Which of the following differentiates dietary minerals from dietary vitamins?   |  |  |  | | --- | --- | --- | |  | a. | Minerals are inorganic. | |  | b. | Minerals yield 4 kcalories per gram. | |  | c. | Some minerals are unstable to light. | |  | d. | Some minerals may be destroyed during cooking. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 47. How many different minerals are known to be required in our diet?   |  |  |  | | --- | --- | --- | |  | a. | 7 | |  | b. | 9 | |  | c. | 12 | |  | d. | 16 |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 48. Which of the following groups of nutrients contains only minerals?   |  |  |  | | --- | --- | --- | |  | a. | calcium, iron, biotin | |  | b. | calcium, sodium, zinc | |  | c. | thiamin, phosphorus, magnesium | |  | d. | phosphorus, folate, iodine |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 49. Overheating a food is LEAST likely to affect which of these groups of nutrients?   |  |  |  | | --- | --- | --- | |  | a. | vitamins | |  | b. | minerals | |  | c. | proteins | |  | d. | carbohydrates |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 50. The study of how a person’s genes interact with nutrients is known as which of the following?   |  |  |  | | --- | --- | --- | |  | a. | obesogenetics | |  | b. | nutritional genomics | |  | c. | genetic nutromics | |  | d. | nutritional nucleic acid research |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 51. Your friend Carrie took a daily supplement of vitamin C for a week following the first signs of a cold and stated that she felt a lot better. Which of the following best describes her experience?   |  |  |  | | --- | --- | --- | |  | a. | an anecdote | |  | b. | a placebo | |  | c. | a cohort study | |  | d. | a case-control experience |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 52. In the scientific method, what is the name for a statement such as the following? “The researchers anticipate that more of the variation in body weight will be explained by diet than physical activity.”   |  |  |  | | --- | --- | --- | |  | a. | the theory | |  | b. | the placebo effect | |  | c. | the hypothesis | |  | d. | the correlation |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 53. Among the following, which is the major weakness of a laboratory-based study?   |  |  |  | | --- | --- | --- | |  | a. | The costs are usually high. | |  | b. | It is difficult to replicate the findings. | |  | c. | The results cannot be directly applied to human beings. | |  | d. | Experimental variables cannot be easily controlled. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 54. A researcher conducted interviews about how emotions affect food choices with a small number of people. What is this type of research called?   |  |  |  | | --- | --- | --- | |  | a. | personal research | |  | b. | qualitative research | |  | c. | interview-based research | |  | d. | individual case research |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 55. What is the meaning of a double-blind experiment?   |  |  |  | | --- | --- | --- | |  | a. | Two groups of subjects take turns getting the control or experimental treatment. | |  | b. | Neither subjects nor researchers know which subjects are in the control or experimental group. | |  | c. | Subjects know whether they are in the control or experimental group, but the researchers do not know. | |  | d. | One group of subjects receives placebo treatment twice. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 56. What is the benefit of using controls in an experiment?   |  |  |  | | --- | --- | --- | |  | a. | The subject group size can be very large. | |  | b. | The subjects do not know anything about the experiment. | |  | c. | The subjects who are treated are balanced against the placebos. | |  | d. | The subjects are similar in all respects except for the treatment being tested. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 57. What is the benefit of using placebos in an experiment?   |  |  |  | | --- | --- | --- | |  | a. | All subjects will have similar characteristics. | |  | b. | The mind-body effect of treatment will be controlled. | |  | c. | Neither subjects nor researchers know who is receiving treatment. | |  | d. | All subjects will feel some improvement. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 58. Research has found that countries across the world with higher dietary fibre intakes have lower rates of some chronic diseases. Which of the following types of studies does such research refer to?   |  |  |  | | --- | --- | --- | |  | a. | case-control studies | |  | b. | cross-sectional studies | |  | c. | human intervention trials | |  | d. | correlation-control studies |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 59. What is the benefit of using a large sample size in an experiment?   |  |  |  | | --- | --- | --- | |  | a. | There will be no placebo effect. | |  | b. | The effect of chance variation is minimized. | |  | c. | The experiment will not need to be double-blinded. | |  | d. | The control group will be similar to the experimental group. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 60. In a study of the effectiveness of vitamin C in reducing the incidence of colds in grade 6 students, a researcher plans to distribute all the vitamin C pill bottles to the girls and all the placebo pill bottles to the boys. Which of the following would be a better way to distribute the pills?   |  |  |  | | --- | --- | --- | |  | a. | He should allow the girls and boys to choose whether they want the vitamin C or placebo pills. | |  | b. | He should distribute the bottles randomly, and then tell the students what they are getting. | |  | c. | He should have students randomly choose the bottles but not tell him what group they were in until the end of the study. | |  | d. | He should arrange that neither he nor the students knows the contents of the randomly distributed pill bottles. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 61. Which of the following is a feature of quantitative research, but is NOT a feature of qualitative research?   |  |  |  | | --- | --- | --- | |  | a. | findings disseminated at scientific conferences | |  | b. | a type of research used only in nutrition research | |  | c. | involves the collection of numerical data to test a hypothesis | |  | d. | provides an understanding of how and why a phenomena occurs |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 62. An increase in exercise accompanied by a decrease in body weight is an example of which of the following?   |  |  |  | | --- | --- | --- | |  | a. | a negative variable effect | |  | b. | a positive variable effect | |  | c. | a positive correlation | |  | d. | a negative correlation |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 63. Before publication in a reputable journal, the findings of a research study must undergo scrutiny by experts in the field. What is the name of this process?   |  |  |  | | --- | --- | --- | |  | a. | peer review | |  | b. | cohort review | |  | c. | replication | |  | d. | external validation |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 64. Which of the following sets of values is included in the Dietary Reference Intakes?   |  |  |  | | --- | --- | --- | |  | a. | AI | |  | b. | RDI | |  | c. | EAI | |  | d. | TUA |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 65. Which of these sets of values is included in the Dietary Reference Intakes?   |  |  |  | | --- | --- | --- | |  | a. | Adequate Level | |  | b. | Estimated Average Intakes | |  | c. | Tolerable Lower Intakes | |  | d. | Recommended Dietary Allowances |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 66. Which of these terms refers to the smallest amount of a nutrient that, when consumed over a prolonged period, maintains a specific function?   |  |  |  | | --- | --- | --- | |  | a. | the nutrient allowance | |  | b. | the nutrient requirement | |  | c. | the nutrient tolerable limit | |  | d. | the nutrient adequate intake |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 67. If a group of people consumed an amount of protein equal to the average requirement for their population group, what percentage would receive insufficient amounts?   |  |  |  | | --- | --- | --- | |  | a. | 2 percent | |  | b. | 33 percent | |  | c. | 50 percent | |  | d. | 98 percent |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 68. A health magazine contacted you for your expert opinion on what measure best describes the amounts of nutrients that should be consumed by healthy people. What should your reply be?   |  |  |  | | --- | --- | --- | |  | a. | the Dietary Reference Intakes, because they are a set of nutrient intake values for healthy people in the United States and Canada | |  | b. | the Tolerable Upper Intake Levels, because they are the maximum daily amount of a nutrient that appears safe for most healthy people c.t the Estimated Average Requirements, because they reflect the average daily amount of a nutrient required by half the healthy people of a population | |  | c. | the Recommended Dietary Allowances because they represent the daily amount of a nutrient considered adequate to meet the known nutrient needs of practically all healthy people |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 69. Recommended Dietary Allowances are calculated based on which of these amounts?   |  |  |  | | --- | --- | --- | |  | a. | Lower Tolerable Limit | |  | b. | Upper Tolerable Limit | |  | c. | Adequate Intake | |  | d. | Estimated Average Requirement |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 70. Which of these terms refers to the amount of a nutrient that meets the needs of about 98 percent of a population?   |  |  |  | | --- | --- | --- | |  | a. | Adequate Intake | |  | b. | Daily Recommended Value | |  | c. | Tolerable Upper Intake Level | |  | d. | Recommended Dietary Allowance |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 71. What is the basis for the RDA (Recommended Dietary Allowances)?   |  |  |  | | --- | --- | --- | |  | a. | preventing deficiency diseases in half the population | |  | b. | meeting the needs for optimal health of almost all healthy people | |  | c. | exceeding the needs of most people by more than two times in order to protect against inadequacy | |  | d. | exceeding the amount needed to prevent deficiency and support optimal health for the average member of the population group |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 72. Which statement best describes the aim in setting the RDA for almost all vitamin and mineral intakes?   |  |  |  | | --- | --- | --- | |  | a. | RDAs are set low to reduce the risk of toxicity. | |  | b. | RDAs are set high to cover virtually all healthy individuals. | |  | c. | RDAs are set very high to cover every single person. | |  | d. | RDAs are set at the mean requirement to cover most healthy individuals. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 73. How does an Adequate Intake (AI) differ from a Recommended Dietary Allowance (RDA)?   |  |  |  | | --- | --- | --- | |  | a. | An AI exceeds the average requirements, whereas an RDA does not. | |  | b. | An AI is more tentative than an RDA value. | |  | c. | An AI covers the requirement of 100 percent of the population; an RDA covers 95 percent. | |  | d. | An AI serves as a nutrient intake goal for populations, and an RDA serves for individuals. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 74. Recommended Dietary Allowances can be used directly for which of these purposes?   |  |  |  | | --- | --- | --- | |  | a. | to measure nutritional status of population groups | |  | b. | to assess dietary nutrient adequacy for individuals | |  | c. | to plan the diet of a malnourished individual | |  | d. | to calculate exact food requirements for most individuals |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 75. A friend tells you that the dietary reference intakes do NOT apply to her. Which of the following would be an appropriate explanation for this exception?   |  |  |  | | --- | --- | --- | |  | a. | She has a chronic illness. | |  | b. | She consumes vitamin and mineral supplements. | |  | c. | She eats a traditional Chinese diet. | |  | d. | She knows that the recommendations are not optimal intakes for everybody. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 76. The Dietary Reference Intakes may be used for which of these purposes?   |  |  |  | | --- | --- | --- | |  | a. | to treat people with diet-related disorders | |  | b. | to diagnose malnutrition | |  | c. | to plan and evaluate diets for healthy people | |  | d. | to determine the need for vitamin and mineral fortification of the diet |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 77. Which of the following is a feature of the RDA but NOT likely a feature of the AI?   |  |  |  | | --- | --- | --- | |  | a. | RDA is accepted as a DRI. | |  | b. | RDA serves as nutrient intake goals for individuals. | |  | c. | RDA covers 98 percent of the population’s nutrient needs. | |  | d. | RDA exceeds average requirements. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 78. Which of the following is a purpose of both Recommended Dietary Allowance and Adequate Intake?   |  |  |  | | --- | --- | --- | |  | a. | to set nutrient goals for individuals | |  | b. | to identify toxic intakes of nutrients | |  | c. | to restore health of malnourished individuals | |  | d. | to identify average requirements to prevent deficiency and support optimal health |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 79. Bob consumes 2500 kcalories per day. Which of the following fat intakes, in grams, would fit within the Acceptable Macronutrient Distribution Ranges for Bob?   |  |  |  | | --- | --- | --- | |  | a. | 30 g | |  | b. | 90 g | |  | c. | 120 g | |  | d. | 150 g |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 80. Which of these statements best defines the Tolerable Upper Intake Level of a nutrient?   |  |  |  | | --- | --- | --- | |  | a. | It is the maximum amount allowed for fortifying a food. | |  | b. | It is a level two times the RDA or three times the AI. | |  | c. | It is the maximum allowable amount available in supplement form. | |  | d. | It is the maximum amount from all sources that appears safe for most healthy people. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 81. What is the AMDR for fat?   |  |  |  | | --- | --- | --- | |  | a. | 10 to 25 percent of energy | |  | b. | 20 to 35 percent of energy | |  | c. | 30 to 45 percent of energy | |  | d. | 40 to 65 percent of energy |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 82. Which of the following statements represents the rationale for how the recommendations for energy intake were determined?   |  |  |  | | --- | --- | --- | |  | a. | Because inadequate protein intake is common, the recommendations for energy intake are set in proportion to protein intake. | |  | b. | Because a large number of people are overweight, the recommendations for energy intake are set to induce a gradual weight loss in most individuals. | |  | c. | Because the energy needs within each population group show little variation, the recommendations for energy intake are set to meet the needs of almost all individuals. | |  | d. | Because a margin of safety would result in excess energy intake for a large number of people, the recommendations for energy intake are set at the average energy intake. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 83. Which of the following terms represents the average kcalorie intake recommended for a healthy individual?   |  |  |  | | --- | --- | --- | |  | a. | Estimated Energy Requirement | |  | b. | Average Energy Needs | |  | c. | Recommended Dietary Allowance | |  | d. | Acceptable Energy Distribution Range |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 84. Which of the following terms refers to the percentages of kcalorie intake from protein, fat, and carbohydrate that are thought to reduce the risk of chronic diseases?   |  |  |  | | --- | --- | --- | |  | a. | Estimated Energy Requirements | |  | b. | Tolerable Range of Energy Intakes | |  | c. | Estimated Macronutrient Recommendations | |  | d. | Acceptable Macronutrient Distribution Ranges |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 85. What is the AMDR for carbohydrate?   |  |  |  | | --- | --- | --- | |  | a. | 5 to 10 percent of energy | |  | b. | 15 to 25 percent of energy | |  | c. | 30 to 40 percent of energy | |  | d. | 45 to 65 percent of energy |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 86. Of the following percentages of energy intake from carbohydrates, which falls within the AMDR?   |  |  |  | | --- | --- | --- | |  | a. | 35 percent | |  | b. | 50 percent | |  | c. | 70 percent | |  | d. | 90 percent |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 87. What is the AMDR for protein?   |  |  |  | | --- | --- | --- | |  | a. | 5 to 10 percent of energy | |  | b. | 10 to 35 percent of energy | |  | c. | 20 to 45 percent of energy | |  | d. | 45 to 65 percent of energy |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 88. What is the upper range of fat intake in the AMDR?   |  |  |  | | --- | --- | --- | |  | a. | 20 percent of energy | |  | b. | 25 percent of energy | |  | c. | 35 percent of energy | |  | d. | 40 percent of energy |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 89. If a person consuming a 2500-kcalorie diet included protein at the upper AMDR limit, approximately how many grams of protein would be eaten?   |  |  |  | | --- | --- | --- | |  | a. | 63 g | |  | b. | 98 g | |  | c. | 219 g | |  | d. | 324 g |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 90. What is the body weight of the “reference” adult male used in the DRIs?   |  |  |  | | --- | --- | --- | |  | a. | 70 kg | |  | b. | 80 kg | |  | c. | 90 kg | |  | d. | 100 kg |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 91. What is the body weight of the “reference” adult female used in the DRIs?   |  |  |  | | --- | --- | --- | |  | a. | 47 kg | |  | b. | 57 kg | |  | c. | 67 kg | |  | d. | 77 kg |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 92. What is the difference between the terms malnutrition and undernutrition?   |  |  |  | | --- | --- | --- | |  | a. | Malnutrition refers to a severe deficiency, while undernutrition refers to a mild deficiency. | |  | b. | Malnutrition refers to nutrient deficiency, while undernutrition refers to energy deficiency. | |  | c. | Malnutrition refers to a deficient or excess intake, while undernutrition refers only to a deficient intake. | |  | d. | Malnutrition refers to a deficiency with weight loss, while undernutrition refers to a deficiency without weight loss. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 93. As a registered dietitian at Jones Hospital, what nutrition assessment procedures would you recommend to assess the nutritional status of a new patient?   |  |  |  | | --- | --- | --- | |  | a. | diet history, food likes and dislikes, allergies, favourite family recipes | |  | b. | diet history, anthropometric data, physical examinations, food likes and dislikes | |  | c. | diet history only | |  | d. | diet history, anthropometric data, physical examinations, laboratory tests |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 94. Which of the following is an anthropometric measure?   |  |  |  | | --- | --- | --- | |  | a. | body weight | |  | b. | blood pressure | |  | c. | blood iron level | |  | d. | food portion size |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 95. Inspection of hair, eyes, skin, and posture is part of the nutrition assessment component known as which of the following?   |  |  |  | | --- | --- | --- | |  | a. | diet history | |  | b. | anthropometric measurement | |  | c. | biochemical testing | |  | d. | physical examination |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 96. Which of the following approaches is used to identify abnormal functions inside the body due to a nutrient deficiency?   |  |  |  | | --- | --- | --- | |  | a. | diet history | |  | b. | laboratory tests | |  | c. | anthropometric measurements | |  | d. | physical examination |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 97. Which of the following represents the usual sequence of stages in the development of a nutrient deficiency resulting from inadequate intake?   |  |  |  | | --- | --- | --- | |  | a. | declining nutrient stores, abnormal functions within the body, and overt signs | |  | b. | abnormal functions within the body, declining nutrient stores, and overt signs | |  | c. | abnormal functions within the body, overt signs, and declining nutrient stores | |  | d. | declining nutrient stores, overt signs, and abnormal functions within the body |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 98. Which of the following could lead to a primary nutrient deficiency?   |  |  |  | | --- | --- | --- | |  | a. | inadequate nutrient intake | |  | b. | reduced nutrient absorption | |  | c. | increased nutrient excretion | |  | d. | increased nutrient destruction |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 99. What type of deficiency is caused by inadequate absorption of a nutrient?   |  |  |  | | --- | --- | --- | |  | a. | primary | |  | b. | clinical | |  | c. | secondary | |  | d. | subclinical |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 100. Which of the following features best identifies a subclinical nutrient deficiency?   |  |  |  | | --- | --- | --- | |  | a. | It shows overt signs. | |  | b. | It is in the early stages. | |  | c. | It shows resistance to treatment. | |  | d. | It causes side effects that can be treated without medical intervention. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 101. To identify early-stage deficiency, a health professional would use which of the following parameters?   |  |  |  | | --- | --- | --- | |  | a. | laboratory tests | |  | b. | anthropometric data | |  | c. | physical exam results | |  | d. | dietary intake assessment |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 102. Which of the following is an overt symptom of iron deficiency?   |  |  |  | | --- | --- | --- | |  | a. | anemia | |  | b. | pallor | |  | c. | dietary intakes below the EAR | |  | d. | decreased red blood cell count |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 103. Which of the following is a reliable source of information about the diet of Canadians?   |  |  |  | | --- | --- | --- | |  | a. | National Health and Examination Survey | |  | b. | Gallop Poll on the Health of Canadians | |  | c. | Dietary Reference Intakes | |  | d. | Canadian Community Health Survey |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 104. How are the data from Canadian national nutrition and health measures surveys used?   |  |  |  | | --- | --- | --- | |  | a. | to identify people who need medical treatment | |  | b. | to support food marketing | |  | c. | to identify leading causes of death | |  | d. | to set goals for public health |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 105. Which of the following is a national trend in the eating habits of Canadians identified in national nutrition surveys over the past 40 years?   |  |  |  | | --- | --- | --- | |  | a. | We are eating larger portions. | |  | b. | We are snacking more frequently on nutrient-dense foods. | |  | c. | We are eating more high-fibre foods. | |  | d. | We are eating more family meals. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 106. Which of the following are the top three causes of death in Canada today?   |  |  |  | | --- | --- | --- | |  | a. | cancer, heart disease, and diabetes | |  | b. | cancer, diabetes, and stroke | |  | c. | cancer, heart disease, and stroke | |  | d. | cancer, diabetes, and respiratory disease |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 107. Of the 10 leading causes of death in Canada, how many are associated directly with nutrition?   |  |  |  | | --- | --- | --- | |  | a. | 4 | |  | b. | 6 | |  | c. | 8 | |  | d. | 10 |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 108. Which of the following leading causes of death in Canada have the most direct relationship to diet?   |  |  |  | | --- | --- | --- | |  | a. | cancer, heart disease, Alzheimer’s disease, and kidney disease | |  | b. | cancer, heart disease, stroke, and kidney disease | |  | c. | cancer, heart disease, diabetes, and stroke | |  | d. | cancer, heart disease, diabetes, and Alzheimer’s disease |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 109. Which of the following terms refers to factors that are known to be related to a disease, but have not been proven to be causal?   |  |  |  | | --- | --- | --- | |  | a. | risk factors | |  | b. | genetic factors | |  | c. | determinants | |  | d. | environmental factors |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 110. Which of the following statements best reflects the association between obesity and the risk of developing heart disease?   |  |  |  | | --- | --- | --- | |  | a. | All obese individuals will develop heart disease. | |  | b. | If obese individuals can reduce their weight, they will not develop heart disease. | |  | c. | Physical activity will not reduce the risk of heart disease in an obese individual. | |  | d. | Diet modification can reduce the risk of heart disease in obese individuals, even if body weight is unchanged. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 111. Which of the following factors makes the greatest contribution to deaths in Canada?   |  |  |  | | --- | --- | --- | |  | a. | guns | |  | b. | alcohol | |  | c. | tobacco | |  | d. | automobiles |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 112. Which of the following changes would have the largest effects on reducing premature death?   |  |  |  | | --- | --- | --- | |  | a. | maintaining a healthy body weight | |  | b. | eating a healthy diet | |  | c. | stopping smoking | |  | d. | avoiding alcohol |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 113. Which professional would be the most likely to provide reliable information regarding nutrition information?   |  |  |  | | --- | --- | --- | |  | a. | chiropractor | |  | b. | medical doctor | |  | c. | registered dietitian | |  | d. | nutritionist |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 114. Which of the following qualifications would indicate a practitioner is NOT a reliable source of nutrition information?   |  |  |  | | --- | --- | --- | |  | a. | completion of a bachelor’s degree in Human Nutrition | |  | b. | a diploma from a certified nutrition training program | |  | c. | the initials RD, RDN, or PDt after their name | |  | d. | a PhD degree in nutrition |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 115. Which of the following individuals is likely to possess the HIGHEST amount of nutrition training?   |  |  |  | | --- | --- | --- | |  | a. | Dietetic Technician | |  | b. | Public Health Dietitian | |  | c. | Nutrition Therapist | |  | d. | Medical Doctor |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 116. The website nutrition\_doctor.org describes the benefits of the natural phytochemical supplements they sell for the prevention of cancer. Which statement best appraises this source of information?   |  |  |  | | --- | --- | --- | |  | a. | The information is likely trustworthy because promotion of phytochemical-rich vegetables and fruit is well-known advice for cancer prevention. | |  | b. | The information is likely NOT trustworthy because the organization is selling the supplements. | |  | c. | The information is likely trustworthy because it is endorsed by a doctor and promotes a natural product. | |  | d. | The information is likely NOT trustworthy because only registered dietitians are reliable sources of nutrition information. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 117. Imagine that you read a magazine article about nutrition and are not sure if the information is reliable. Which of the following would raise your concern about poor credibility?   |  |  |  | | --- | --- | --- | |  | a. | The article is written by a PDt. | |  | b. | The article is based on a study published in the *Canadian Journal of Dietetic Practice and Research*. | |  | c. | The magazine is not peer reviewed. | |  | d. | The scientific paper cited in the article is very recent. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 118. For which of the following titles must the individual be university educated and pass a national examination administered by the Alliance of Canadian Regulatory Bodies?   |  |  |  | | --- | --- | --- | |  | a. | Master of Science in Nutrition | |  | b. | Registered Dietitian | |  | c. | Certified Nutritionist | |  | d. | Certified Dietetic Technician |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 119. Which of the following describes the use of designated titles for a person who disseminates dietary advice to the public?   |  |  |  | | --- | --- | --- | |  | a. | The title “registered dietitian” can be used by anyone who has completed an undergraduate program accredited by Dietitians of Canada. | |  | b. | The title “nutritionist” is regulated in all provinces. | |  | c. | A license to practice is required for use of the title “registered dietitian.” | |  | d. | Providing dietary advice is a protected practice and can be done only by those with specific qualifications. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 120. Which of the following sources of nutrition is most reliable?   |  |  |  | | --- | --- | --- | |  | a. | Who’s Who in Nutrition in Canada | |  | b. | E-MD | |  | c. | Health Canada | |  | d. | The National News |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 121. Describe six behavioural or social motives that influence people’s food choices.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | |

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| 122. Explain how food choices are influenced by habits, emotions, physical appearance, and ethnic background.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | |

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| 123. Discuss some of the consequences of eating in response to emotions.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | |

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| 124. Differentiate an organic from an inorganic compound*.* How do the properties of vitamins relate to their organic nature? Contrast these points with the properties of inorganic compounds such as minerals.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | |

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| 125. List the strengths and weaknesses of epidemiological studies and experimental studies.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | |

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| 126. Explain the importance of the placebo and the double-blind technique in carrying out research studies.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | |

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| 127. Describe the steps involved in establishing nutrient values that make up the Dietary Reference Intakes.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | |

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| 128. Compare and contrast the meaning of Adequate Intakes, Recommended Dietary Allowances, Estimated Average Requirements, and Tolerable Upper Intake Levels for nutrients.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | |

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| 129. What approach is taken in setting recommendations for energy intakes? Why is this approach taken? How does this approach differ from that taken for other nutrients?   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | |

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| 130. Compare and contrast the rationales underlying dietary recommendations for individuals versus those for populations.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | |

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| 131. List and discuss four methods commonly used to assess the nutritional status of individuals.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | |

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| 132. Discuss how the results from national nutrition surveys are used by private and government agencies and groups.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | |

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| 133. How did the Canadian Community Health Survey (Cycle 2.2) and the Canadian Health Measures Survey differ in the types of nutrition-related information collected?   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | |

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| 134. List the national trends of food consumption over the past 40 years.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | |

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| 135. Discuss the meaning and significance of the relationships between risk factors and chronic diseases.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | |

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| 136. List ways to identify a reliable nutrition information website.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | |

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| 137. A. Explain the education and training requirements associated with obtaining registration as a dietitian. B. List several career areas in which registered dietitians are often employed.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | |

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| 138. List techniques that help identify nutrition quackery.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | |

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| |  |  | | --- | --- | | a. | 7 | | b. | 16 | | c. | 20 | | d. | 40 | | e. | 100 | | f. | Fat | | g. | Replication | | h. | Energy | | i. | Protein | | j. | Organic | | k. | Placebo | | l. | Inorganic | | m. | Validity | | n. | Hypothesis | | o. | Malnutrition | | p. | Overnutrition | | q. | Anthropometrics | | r. | Overt deficiency | | s. | Physical examination | | t. | Subclinical deficiency | |

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| 139. Repeating the same experiment and getting the same results   |  |  | | --- | --- | | *ANSWER:* | g | |

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| 140. Substance containing no carbon   |  |  | | --- | --- | | *ANSWER:* | l | |

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| 141. Number of indispensable nutrients for human beings   |  |  | | --- | --- | | *ANSWER:* | d | |

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| 142. Most substances containing carbon–hydrogen bonds   |  |  | | --- | --- | | *ANSWER:* | j | |

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| 143. Substance containing nitrogen   |  |  | | --- | --- | | *ANSWER:* | i | |

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| 144. Energy (kcal) required to increase the temperature of 1 kg of water from 0°C to 100°C   |  |  | | --- | --- | | *ANSWER:* | e | |

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| 145. Nutrient with the highest energy density   |  |  | | --- | --- | | *ANSWER:* | f | |

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| 146. Energy (kcal) yield of 5 grams of sugar   |  |  | | --- | --- | | *ANSWER:* | c | |

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| 147. Energy (kcal) yield of 1 gram of alcohol   |  |  | | --- | --- | | *ANSWER:* | a | |

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| 148. Number of indispensable minerals for human beings   |  |  | | --- | --- | | *ANSWER:* | b | |

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| 149. An unproven statement   |  |  | | --- | --- | | *ANSWER:* | n | |

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| 150. An inactive medication   |  |  | | --- | --- | | *ANSWER:* | k | |

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| 151. Possessing the quality of being founded on evidence   |  |  | | --- | --- | | *ANSWER:* | m | |

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| 152. The recommended intake is set at the population mean   |  |  | | --- | --- | | *ANSWER:* | h | |

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| 153. Excess nutrient intake leads to this   |  |  | | --- | --- | | *ANSWER:* | p | |

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| 154. Deficient or excess nutrient intake leads to this   |  |  | | --- | --- | | *ANSWER:* | o | |

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| 155. Measurement of physical characteristics   |  |  | | --- | --- | | *ANSWER:* | q | |

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| 156. Inspection of skin, tongue, eyes, hair, and fingernails   |  |  | | --- | --- | | *ANSWER:* | s | |

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| 157. A nutrient deficiency showing outward signs   |  |  | | --- | --- | | *ANSWER:* | r | |

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| 158. A nutrient deficiency in the early stages   |  |  | | --- | --- | | *ANSWER:* | t | |