

*Test Bank for Nutrition for Dental
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Chapter 01: Eating 101

1. Chemicals in food that nourish our body are called:

- A. nutrition.
- B. nutrients.
- C. functional food.
- D. enzymes.

Answer: B

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2. Incidence of obesity has doubled in the last:

- A. 5 years.
- B. 10 years.
- C. 20 years.
- D. 100 years.

Answer: C

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3. Which is NOT a 21st century lifestyle trend?

- A. People are living longer.
- B. We have a tendency to eat on the run.
- C. We are primarily sedentary.
- D. We eat less frequently than 20 years ago.

Answer: D

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4. Everybody has specific food cravings. Foods high in protein are preferred as comfort foods.

- A. Both statements are true.
- B. Both statements are false.
- C. The first statement is true, the second false.
- D. The first statement is false, the second true.

Answer: B

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5. The single most craved food is:

- A. potato chips.
- B. caffeinated soda.
- C. chocolate.
- D. fast food.

Answer: C

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6. All organs secrete enzymes during the digestive process EXCEPT the:

- A. colon.
- B. pancreas.
- C. stomach.

D. small intestines.

Answer: A

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7. Most nutrients are absorbed by the body through which organ?

A. Esophagus

B. Stomach

C. Colon

D. Small intestines

Answer: D

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8. Undigested food becomes _____ and passes into the _____.

A. waste/large intestine

B. molecules/rectum

C. a bolus/stomach

D. chyme/liver

Answer: A

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9. Total transit time from mouth to elimination can be anywhere from a day to _____.

A. 3 days

B. 1 week

C. 3 weeks

D. 1 month

Answer: C

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10. Most people assume “consumption norm” is _____.

A. the amount of food put before them

B. the proper amount of food to eat in one sitting

C. the kind of food consumers purchase

D. fad foods

Answer: B

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11. Protease aids with digestion of _____ and amylase aids with digestion of _____.

A. fats/sugar

B. protein/lipids

C. carbohydrates/amino acids

D. protein/carbohydrates

Answer: D

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12. Eating fast food and consuming twice as many soft drinks than 40 years ago are common 21st century eating patterns because of the efforts of food manufacturers mass marketing.

- A. Both the statement and the reason are correct and related.
- B. Both the statement and the reason are correct but NOT related.
- C. The statement is correct, but the reason is NOT.
- D. The statement is NOT correct, but the reason is correct.
- E. Neither the statement NOR the reason are correct.

Answer: A

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13. Ninety-six percent of human body mass is composed of the elements hydrogen, oxygen, carbon, and what other element?

- A. Sodium
- B. Potassium
- C. Nitrogen
- D. Calcium

Answer: C

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14. The relationship between food and disease process happens when the body gets *too much* of a nutrient. Disease can also manifest when there is *too little* of a certain nutrient in the diet.

- A. Both statements are true.
- B. Both statements are false.
- C. The first statement is true, the second false.
- D. The first statement is false, the second true.

Answer: A

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15. Disease processes caused by poor nutrition and eating habits includes all EXCEPT:

- A. diabetes.
- B. colon cancer.
- C. anorexia.
- D. dental caries.
- E. hyperthyroidism.

Answer: E

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