* Things you should know for test

**Section 1 and 3:** Nutrition Facts of Food and Food Labels
1) Know an overview of food label:
-Know definition of these and how to assess these when using a food label.
-5 essentials-
   a. serving size
   b. calories (and calories from fat)
   c. the nutrients (how much)
   d. Understanding the footnote on the bottom of the nutrition facts label
   e. The percent daily value (%DV)
2) What's in the footnote?
3) Common mistakes to avoid when using a food label
   a. reduced fat
   b. %DV
   c. amount of sugar added
   d. one serving size
4) Reading Label Lingo
5) Identify the functions of carbohydrates, fats, proteins
6) Sources of carbohydrates, fats and proteins
7) Identify the functions of minerals, vitamins, water
8) Sources of minerals, vitamins, water

**Section 4:** Supplements
1) Know the six different groups of supplements discussed in class. Be able to define these, identify their main functions and the sources of these.
   a. pro hormones
   b. protein
   c. multivitamins
   d. amino acids
   e. nitric oxide
   f. creatine
2) Identify the dangers of taking health supplements
3) Explain why people take supplements
4) Explain why pro hormones are dangerous
5) List people who take them
6) Identify the different forms that these supplements can be taken in.
7) List pros and cons of taking supplements.

**Section 2:** My Pyramid
Section 6: Reduce risk of illness and disease
1) Discuss the guidelines to reduce the risk of developing the following diseases.
   a. cardiovascular disease
   b. osteoporosis
   c. diabetes
   d. hypoglycemia
   e. anorexia nervosa
   f. bulimia nervosa
2) Identify and be able to identify these diseases as well.
3) Be able to identify the different signs of the two eating disorders.
4) Be able to differentiate between the two eating disorders
5) Identify healthy ways to lose weight
6) Discuss how to reduce risk of eating disorders

Section 5: Healthy Eating Habits
1) Explain the difference between hunger and appetite
2) Discuss how dietary supplements affect sports performance
3) Discuss various foods that can be healthy when eating out
4) Discuss the right amount of food for health proportions
   a. Be able to explain healthy serving size quantity
5) Be able to develop a healthy meal plan for yourselves.
Nutrition Exam: Test One

**Multiple Choice**
Choose the best answer.

_____ 1) With type 2 diabetes, the main focus is on weight control, because ______ % of people are overweight: a. 50-60 % b. 35-45% c. 70-75% d. 80-90%

_____ 2) Which type of protein is digested slowly? a. soy protein b. casein protein c. egg protein d. whey protein

_____ 3) Most discretionary calorie allowances are between ________calories: a. 50-100 b. 100-300 c. 250-400 d. 175-250

_____ 4) Carbohydrates provide all of the following except: a. energy b. breakdown of fatty acids c. regulation of blood glucose d. lowering of cholesterol

_____ 5) Mixing creatine with liquid helps increase the body absorbing it up to: a. 50% b. 60% c. 75% d. 80%

_____ 6) There are a total of ____ groups of food on the pyramid. a. 4 b. 6 c. 7 d. 8

_____ 7) How many servings of fruits are recommended daily for boys the ages of 14-18? a. 2 cups b. 3 cups c. 4 cups d. 1 cup

_____ 8) Physical activity is important because it: a. increases fitness level b. helps manage weight c. builds endurance d. all of the above

_____ 9) All of the following are examples of solid fats except: a. butter b. shortening c. jelly d. lard

_____ 10) The first pro hormone was: a. methyl b. andro c. DHEA d. 5 AD

_____ 11) Of the following, which is not a way to reduce the risk of developing osteoporosis? a. perform weight bearing exercise b. get an adequate intake of calcium c. limit your vitamin d intake d. not smoking

_____ 12) A disease that is essentially self-starvation, this disorder is: a. anorexia nervosa b. bulimia nervosa c. orthorexia d. hypoglycemia

_____ 13) All of the following are essentials of a food label except: a. serving size b. calories c. solubility of the food d. percent daily value
14) Fats contain____ k/cal of energy: a. 4  b. 9  c. 6  d. 7

15) Skipping which meal can stall your metabolism and can cause a weight loss plateau? a. lunch  b. breakfast  c. dinner

**True or False**
Chose best answer.

16) A disease involving the heart or the blood vessels is hypoglycemia.

17) There are three types of diabetes.

18) Keeping a meal plan diary help reduce risk of eating disorder.

19) Depression helps lead into eating disorders.

20) Osteoporosis is a disease that involves the weakening of bones.

21) Regular exercise can lead to cardiovascular disease.

22) You can use your discretionary allowance to eat more foods from any group than that of what it recommends.

23) Nitric oxide is a vasodilator.

24) Creatine is the building block of building muscle.

25) Pro hormones are legal.

26) 45 minutes are needed daily for exercise.

**Definitions:**
Write in complete sentences.

27) Discretionary calorie-

28) Creatine-

29) Serving Size

**Short Answers:**
Answer the question in complete sentences.

30) List the common mistakes to avoid when using a food label?

31) Identify the six different supplements discussed in class. Identify their main function and one source of these.
32) Explain the difference between hunger and appetite.

33) Discuss how dietary supplements affect sports performance.

34) List the 5 essentials of a food label and describe each.

35) List the pros and cons of taking supplements.

36) Who uses supplements?
Nutrition Exam: Test One Answer Key

Multiple Choice
Choose the best answer.

1) With type 2 diabetes, the main focus is on weight control, because ______ % of people are overweight: a. 50-60 % b. 35-45% c. 70-75% d. 80-90 %

2) Which type of protein is digested slowly? a. soy protein b. casein protein c. egg protein d. whey protein

3) Most discretionary calorie allowances are between _______ calories: a. 50-100 b. 100-300 c. 250-400 d. 175-250

4) Carbohydrates provide all of the following except: a. energy b. breakdown of fatty acids c. regulation of blood glucose d. lowering of cholesterol

5) Mixing creatine with liquid helps increase the body absorbing it up to: a. 50% b. 60% c. 75% d. 80 %

6) There are a total of _____ groups of food on the pyramid. a.4 b.6 c.7. d.8

7) How many servings of fruits are recommended daily for boys the ages of 4-18? a. 2 cups b. 3 cups c. 4 cups d.1 cup

8) Physical activity is important because it: a. increases fitness level b. helps manage weight c. builds endurance d. all of the above

9) All of the following are examples of solid fats except: a. butter b. shortening c. jelly d. lard

10) The first pro hormone was: a. methyl b. andro c. DHEA d. 5 AD

11) Of the following, which is not a way to reduce the risk of developing osteoporosis? a. perform weight bearing exercise b. get an adequate intake of calcium c. limit your vitamin d intake d. not smoking

12) A disease that is essentially self-starvation, this disorder is: a. anorexia nervosa b. bulimia nervosa c. orthorexia d. hypoglycemia

13) All of the following are essentials of a food label, except: a. serving size b. calories c. solubility of the food d. percent daily value
14) Fats contain ____ kcal of energy: a. 4 b. 9 c. 6 d. 7

15) Skipping which meal can stall your metabolism and can cause a weight loss plateau? a. lunch b. breakfast c. dinner

True or False
Chose best answer.

16) A disease involving the heart or the blood vessels is hypoglycemia. F

17) There are three types of diabetes. F

18) Keeping a meal plan diary helps reduce the risk of eating disorders. T

19) Depression helps lead into eating disorders. T

20) Osteoporosis is a disease that involves the weakening of bones. F

21) Regular exercise can lead to cardiovascular disease. T

22) You can use your discretionary allowance to eat more foods from any group than that of what it recommends. T

23) Nitric oxide is a vasodilator. T

24) Creatine is the building block of building muscle. F

25) Pro hormones are legal. F

26) 45 minutes are needed daily for exercise. F

Definitions:
Write in complete sentences.

27) Discretionary calorie- selecting the lowest fat and no-sugar-added forms of foods in each food group you would make the best nutrient “buys.” Depending on the foods you choose, you may be able to spend more calories than the amount required to meet your nutrient needs. These calories are the “extras” that can be used on luxuries like solid fats, added sugars, and alcohol, or on more food from any food group. They are your “discretionary calories.”

28) Creatine- Creatine is a nitrogenous organic acid that is found in muscle tissue of vertebrates mainly in the form of phosphocreatine and supplies energy for muscles contraction.

29) Serving Size- The portion of food used as a reference on the nutrition label of that food; the recommended portion to be eaten.

Short Answers:
Answer the question in complete sentences.

30) List the common mistakes to avoid when using a food label?
1) A label may say that the food is reduced fat or reduced sodium. That means that the amount of fat or sodium has been reduced by 25% from the original product. It doesn’t mean, however, that the food is low in fat or sodium.
2) Don’t confuse the % DV for fat with the percentage of calories from fat. If the % DV is 15% that doesn’t mean that 15% of the calories comes from fat. Rather, it means that you’re using up 15% of all the fat you need for a day with one serving.
3) Don’t make the mistake of assuming that the amount of sugar on a label means that the sugar has been added.
4) A common mistake people make, especially with packages dispensed from vending machines, is to assume that a small item contains one serving just because the package is small.

31) Identify the six different supplements discussed in class. Identify their main function and one source of these.

**Creatine** - help store energy and build muscle. Found in meat and fish.
**Protein** - are supplements made up of amino acids that are the fundamental building blocks muscle. Found in meat and poultry.
**Pro hormones** - they are precursors to actual hormones. When used they are converted into powerful hormones specifically testosterone which is the base compound for many of your actions in your body. Promotes protein synthesis. Found in andro supplements.
**Amino Acids** - they are considered the “building blocks” of the body. They build and repair cells and participate in muscle activity. Found in various foods and supplements.
**Nitric Oxide** - a colorless gas that serves as a signaling molecule in humans. Causes dilation of blood vessels. Found in various energy supplements.
**Multivitamins** - are organic substances necessary in very small amounts to control a variety of processes within living cells. Found in various multivitamin supplements.

32) Explain the difference between hunger and appetite.
Appetite is the desire to eat food. Hunger is a feeling experienced when glycogen level of the liver falls below a threshold, usually followed by a desire to eat.

33) Discuss how dietary supplements affect sports performance.
Some people think supplements help them develop more muscle mass, increase strength, and build stamina. Other people use sports supplements to lose weight. Dehydration, muscle cramps all can occur by using these supplements during a game, which can have adverse affects.

34) List the 5 essentials of a food label and describe each.
1) **serving size** - recommended portion size
2) **calories** - Calories provide a measure of how much energy you get from a serving of this food
3) **the nutrients** - The nutrients listed first are the ones Americans generally eat in adequate amounts, or even too much. They are identified in yellow as Limit these Nutrients. Eating too
much fat, saturated fat, *trans* fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure. Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. They are identified in blue as **Get Enough of these Nutrients**. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.

4) **Understanding the footnote on the bottom of the nutrition facts label**

5) **The percent daily value**-The % Daily Values (%DV) are based on the Daily Value recommendations for key nutrients but only for a 2,000 calorie daily diet—not 2,500 calories. You, like most people, may not know how many calories you consume in a day. The %DV helps you determine if a serving of food is high or low in a nutrient.

35) List the pros and cons of taking supplements.

Pros- increase muscle mass, increase weight, popularity, bigger self esteem, increase athletic performance
Cons- expensive, warnings aren’t required for dietary supplements, haven’t been studied a lot, negative side effects.

36) Who uses supplements?

Athletes, bodybuilders, average people use supplements.