1. A person's customary intake of foods and beverages over time defines her or his \_\_\_\_.​

|  |  |  |
| --- | --- | --- |
|  | a. | ​body weight |
|  | b. | ​eating pattern |
|  | c. | ​genetic predisposition |
|  | d. | ​risk for inherited diseases |
|  | e. | ​preference pattern |

2. The diet-planning principle that provides all the nutrients, fiber, and energy in amounts sufficient to maintain health is called \_\_\_\_.​

|  |  |  |
| --- | --- | --- |
|  | a. | ​variety |
|  | b. | ​adequacy |
|  | c. | ​moderation |
|  | d. | ​kcalorie control |
|  | e. | ​nutrient density |

3. What are the principles of diet planning?​

|  |  |  |
| --- | --- | --- |
|  | a. | ​abundance, B vitamins, kcalories, diet control, minerals, and variety |
|  | b. | ​abundance, balance, conservative, diversity, moderation, and vitamins |
|  | c. | ​adequacy, bone development, correction, vitamin density, master, and variety |
|  | d. | ​adequacy, balance, kcalorie control, nutrient density, moderation, and variety |
|  | e. | ​abundance, adequacy, nutrient density, aerobics, and kcalorie control |

4. *Nutrient dense* refers to foods that \_\_\_\_.​

|  |  |  |
| --- | --- | --- |
|  | a. | ​carry the USDA nutrition labeling |
|  | b. | ​are higher in weight relative to volume |
|  | c. | ​provide more nutrients relative to kcalories |
|  | d. | ​contain a mixture of carbohydrate, fat, and protein |
|  | e. | ​give the most protein for the consumer’s food dollar |

5. The concept of nutrient density is most helpful in achieving what principle of diet planning?​

|  |  |  |
| --- | --- | --- |
|  | a. | ​Variety |
|  | b. | ​Balance |
|  | c. | ​Moderation |
|  | d. | ​kcalorie control |
|  | e. | ​cost control |

6. Providing enough, but not an excess, of a food is a diet-planning principle known as \_\_\_\_.​

|  |  |  |
| --- | --- | --- |
|  | a. | ​safety |
|  | b. | ​variety |
|  | c. | ​moderation |
|  | d. | ​undernutrition |
|  | e. | ​conservatism |

7. Jamie, a vegetarian, is trying to plan a healthy diet according to the USDA Food Patterns. Which protein foods would be the best nutrient choices for one day?​

|  |  |  |
| --- | --- | --- |
|  | a. | ​2 pieces bacon, 1/2 can tuna, 2 pieces bread |
|  | b. | ​1/2 cup black beans,  2 tbsp peanut butter, 1/4 cup tofu |
|  | c. | ​1/2 cup black beans, 2 tbsp peanut butter, 1 c spinach |
|  | d. | ​1 skinless chicken breast, 2 egg whites, meal replacement bar |
|  | e. | ​1 egg, one cup leaf lettuce, 2 ounces fatty fish |

8. How much fruit juice (100%) is equivalent to 1 cup of fresh fruit?​

|  |  |  |
| --- | --- | --- |
|  | a. | ​1/4 cup |
|  | b. | ​1/2 cup |
|  | c. | ​1 cup |
|  | d. | ​1 1/2 cups |
|  | e. | ​2 cups |

9. In which food group are legumes found?​

|  |  |  |
| --- | --- | --- |
|  | a. | ​dairy |
|  | b. | ​fruits |
|  | c. | ​grains |
|  | d. | ​protein |
|  | e. | ​oils |

10. Kcalories from which food would be considered part of one's discretionary kcalorie allowance?​

|  |  |  |
| --- | --- | --- |
|  | a. | ​jam |
|  | b. | ​watermelon |
|  | c. | ​raw carrots |
|  | d. | ​brussels sprouts |
|  | e. | ​green beans |

11. Which food group is typically consumed in amounts greater than recommended by the USDA?​

|  |  |  |
| --- | --- | --- |
|  | a. | ​dairy |
|  | b. | ​fruits |
|  | c. | ​vegetables |
|  | d. | ​protein foods |
|  | e. | ​whole grains |

12. The addition of calcium to some orange juice products by food manufacturers is known as nutrient \_\_\_\_.​

|  |  |  |
| --- | --- | --- |
|  | a. | ​enrichment |
|  | b. | ​restoration |
|  | c. | ​fortification |
|  | d. | ​mineralization |
|  | e. | ​adulteration |

13. Which bread has the highest fiber content?​

|  |  |  |
| --- | --- | --- |
|  | a. | ​white |
|  | b. | ​refined |
|  | c. | ​enriched |
|  | d. | ​whole grain |
|  | e. | ​super-fine |

14. The most highly fortified foods on the market are \_\_\_\_.​

|  |  |  |
| --- | --- | --- |
|  | a. | frozen dinners​ |
|  | b. | ​imitation foods |
|  | c. | ​enriched breads |
|  | d. | ​breakfast cereals |
|  | e. | ​canned fruits and vegetables |

15. Which nutrient is used to enrich grains?​

|  |  |  |
| --- | --- | --- |
|  | a. | ​zinc |
|  | b. | ​folate |
|  | c. | ​protein |
|  | d. | ​calcium |
|  | e. | ​sodium |

16. Textured vegetable protein is usually made from \_\_\_\_.​

|  |  |  |
| --- | --- | --- |
|  | a. | ​soybeans |
|  | b. | ​corn stalks |
|  | c. | ​a mixture of legumes |
|  | d. | ​cruciferous vegetables |
|  | e. | ​dark green, red, and orange vegetables |

17. A food label ingredient list reads in the following order: wheat flour, vegetable shortening, sugar, salt, and cornstarch. What item would be found in the SMALLEST amount in this food?​

|  |  |  |
| --- | --- | --- |
|  | a. | ​salt |
|  | b. | ​sugar |
|  | c. | ​cornstarch |
|  | d. | ​wheat flour |
|  | e. | ​vegetable shortening |

18. Which food items are consumed in the diet of a lactovegetarian?​

|  |  |  |
| --- | --- | --- |
|  | a. | ​plant foods only |
|  | b. | ​eggs and plant foods only |
|  | c. | ​meat, eggs, and plant foods only |
|  | d. | ​milk products and plant foods only |
|  | e. | ​fish, eggs, and dairy only |

19. Tempeh is made from \_\_\_\_.​

|  |  |  |
| --- | --- | --- |
|  | a. | ​soybeans |
|  | b. | ​any legume |
|  | c. | ​fermented leafy vegetables |
|  | d. | ​fermented yellow vegetables |
|  | e. | ​wheat proteins |

20. Which ingredient on a food label would be a source of protein?​

|  |  |  |
| --- | --- | --- |
|  | a. | ​BHT |
|  | b. | ​tofu |
|  | c. | ​corn starch |
|  | d. | ​triglycerides |
|  | e. | ​high fructose corn syrup |
|  |  |  |

21. Meat replacements consumed by vegans are often made of \_\_\_\_.​

|  |  |  |
| --- | --- | --- |
|  | a. | ​soy |
|  | b. | ​fish |
|  | c. | ​eggs |
|  | d. | ​dairy |
|  | e. | ​poultry |

22. List and discuss the health advantages of a vegetarian diet.