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.