

Chapter 2 – Planning a Healthy Diet

MULTIPLE CHOICE

1. The diet-planning principle that provides all the nutrients, fibre, and energy in amounts sufficient to maintain health is called which of the following terms?
 - a. variety
 - b. adequacy
 - c. moderation
 - d. calorie control

ANS: B REF: p. 35, Section 2.1-Principles and Guidelines
MSC: Knowledge

2. Which one of the following series describes the principle of diet planning?
 - a. abundance, B vitamins, calories, 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, calorie control, nutrient density, moderation, and variety

ANS: D REF: p. 35-37, Section 2.1-Principles and Guidelines
MSC: Knowledge

3. Which of the following is the most calcium-dense food?
 - a. whole milk
 - b. skim milk
 - c. low-fat milk
 - d. cheddar cheese

ANS: B REF: p. 36, Section 2.1-Principles and Guidelines
MSC: Application

4. A *Nutrient dense* food is best described by which of the following phrases?
 - a. It is an expensive food to purchase
 - b. It is higher in weight relative to volume
 - c. It provides more nutrients relative to calories
 - d. It contains a mixture of carbohydrate, fat, and protein

ANS: C REF: p. 36, Section 2.1-Principles and Guidelines
MSC: Knowledge

5. The concept of nutrient density is most helpful in achieving which principle of diet planning?
 - a. variety
 - b. balance
 - c. moderation
 - d. calorie control

ANS: D REF: p. 36, Section 2.1-Principles and Guidelines
MSC: Knowledge

6. Which of the following values is an expression of the nutrient density of a food?
 - a. 0.01 mg iron per calorie
 - b. 0.5 mg iron per serving
 - c. 110 calories per cup

d. 110 calories per serving

ANS: A REF: p. 36, Section 2.1-Principles and Guidelines

MSC: Application

7. An empty-kcalorie food is one that contains which of the following quantities?

- a. no calories
- b. an abundance of vitamins but little or no minerals
- c. an abundance of minerals but little or no vitamins
- d. energy and little or no protein, vitamins, or minerals

ANS: D REF: p. 36, Section 2.1-Principles and Guidelines

MSC: Application

8. Which of the following foods is an example of an empty-kcalorie food?

- a. water
- b. potato chips
- c. celery
- d. sunflower seeds

ANS: B REF: p. 36, Section 2.2-Diet-Planning Guides

MSC: Application

9. Which of the following terms is used to describe the ranking of foods based on their nutrient composition?

- a. nutrient variety
- b. nutrient profiling
- c. food profiling
- d. food quality

ANS: B REF: p. 36, Section 2.2-Diet-Planning Guides

MSC: Knowledge

10. According to the principles of Canada's Food Guide, one of the foundations of a healthful diet should consist of which of the following types of foods?

- a. dairy
- b. fruits
- c. nutrient-dense foods
- d. meats and alternatives

ANS: C REF: p. 36, Section 2.2-Diet-Planning Guides

MSC: Knowledge

11. Samuel regularly selects foods that are low in solid fats and added sugars, but he occasionally treats himself to a chocolate chip cookie for dessert. Samuel is practicing which one of the basic diet-planning principles?

- a. nutrient density
- b. moderation
- c. balance
- d. variety

ANS: B REF: p. 36-37, Section 2.2-Diet-Planning Guides

MSC: Application

12. Providing enough, but not an excess, of a food is a diet-planning principle known as which of the following?

- a. safety
- b. variety
- c. moderation
- d. under-nutrition

ANS: C REF: p. 36-37, Section 2.1-Principles and Guidelines
MSC: Knowledge

13. When one applies the principle of variety in food planning, one ensures the benefits of which of the following diet-planning concepts?
- a. moderation
 - b. vegetarianism
 - c. nutrient density
 - d. dilution of harmful substances

ANS: D REF: p. 37, Section 2.1-Principles and Guidelines
MSC: Application

14. Which of the following practices is inconsistent with achieving a healthy diet?
- a. intake of eggs
 - b. intake of nuts
 - c. emphasis on *trans*-fat
 - d. emphasis on low-fat milk products

ANS: C REF: p. 38, Section 2.1-Principles and Guidelines
MSC: Application

15. According to Canada's Food Guide, what is the recommendation for daily consumption of unsaturated fat in a healthy diet?
- a. 15 - 20 millilitres
 - b. 20 - 30 millilitres
 - c. 25 - 40 millilitres
 - d. 30 - 45 millilitres

ANS: D REF: p. 38, Section 2.2-Diet-Planning Guides
MSC: Knowledge

16. Which one of the following is the most important way to quench one's thirst?
- a. energy drinks
 - b. fruit juice
 - c. milk
 - d. water

ANS: D REF: p. 38, Section 2.2-Diet-Planning Guides
MSC: Knowledge

17. What is the assessment tool designed to measure how well a diet meets the recommendations of a healthy diet in Canada?
- a. Healthy Eating Index
 - b. Supplemental Nutrition Assistance Program
 - c. Dietitian's Comparative Effectiveness Plan
 - d. Eating Well with Canada's Food Guide

ANS: D REF: p. 38, Section 2.2-Diet-Planning Guides

MSC: Knowledge

18. Which of the following is a characteristic of Canada's Food Guide?
- It places most foods into one of five groups.
 - Its nutrients of greatest concern include iron, chromium, and vitamin B₁₂.
 - It provides limited flexibility in meal planning for children.
 - It specifies that a certain quantity of food be consumed from each group, based upon energy intake.

ANS: D REF: p. 38, 41, Section 2.2-Diet-Planning Guides

MSC: Application

19. The consumption of 1800 kcalories per day is sufficient to meet the energy needs of which of the following groups?
- most teenage girls aged 17 to 18 years
 - most children aged 9 to 13 years
 - most sedentary men aged 51 to 70 years
 - most sedentary women aged 31 to 50 years

ANS: D REF: p. 39, Section 2.2-Diet-Planning Guides

MSC: Knowledge

20. Which one of the following foods provides 1 serving of legumes?
- 175 mL green peas
 - 175 mL kidney beans
 - 125 mL peanuts
 - 125 mL mashed potatoes

ANS: D REF: p. 39, Section 2.2-Diet-Planning Guides

MSC: Knowledge

21. Approximately how many kcalories more per day are needed by a university student aged 19 - 20 years who is active compared with her inactive counterpart?
- 100 kcal
 - 150 kcal
 - 200 kcal
 - 25µg/day0 kcal

ANS: C REF: p. 39, Section 2.2-Diet-Planning Guides

MSC: Application

22. What is the number of gender and age groupings for teens and adults in the Canada Food Guide?
- 3
 - 4
 - 5
 - 6

ANS: D REF: p. 39, Section 2.2-Diet-Planning Guides

MSC: Knowledge

23. Why is it recommended that Canadians consume one dark green and one orange vegetable daily?
- Because green vegetables are high in folate and orange vegetables provide vitamin A.
 - Because green vegetables are high in vitamin C and orange vegetables provide calcium.
 - Because green vegetables are high in vitamin K and orange vegetables provide iron.
 - Because green vegetables are high in vitamin B₁₂ and orange vegetables provide

potassium.

ANS: A REF: p. 39, Section 2.2-Diet-Planning Guides
MSC: Application

24. Population groups such as sedentary older men, sedentary younger women, and active older women have a daily energy need (kcalories) of approximately which of the following amounts?
- a. 1200 kcal
 - b. 1500 kcal
 - c. 2000 kcal
 - d. 2700 kcal

ANS: C REF: p. 39, Section 2.3-Food Labels
MSC: Knowledge

25. Jamie is a vegetarian who is trying to plan a healthy diet according to Canada's Food Guide. Which of the following meat alternatives would be the best nutrient choices for 1 day?
- a. 125 mL peas, 50 g soy cheese, 2 pieces bread
 - b. 150 g cheese, ½ sweet potato, 30 mL peanut butter
 - c. 150 mL black beans, 30 mL peanut butter, 250 mL spinach
 - d. 125 grams tofu, 2 egg whites, meal replacement bar

ANS: C REF: p. 39-42, Section 2.2-Diet-Planning Guides
MSC: Application

26. What 2 important nutrients are supplied by the meat and alternative group?
- a. vitamins D and E
 - b. vitamins A and C
 - c. protein and calcium
 - d. B vitamins and iron

ANS: D REF: p. 40, Section 2.2-Diet-Planning Guides
MSC: Knowledge

27. Which of the following terms is used to describe non-nutrient compounds found in plant-derived foods that have biological activity in the body?
- a. biochemical
 - b. substitute food
 - c. phytochemical
 - d. imitation food

ANS: C REF: p. 41, Section 2.2-Diet-Planning Guides
MSC: Knowledge

28. Which of the following foods is an alternative choice for meats in Canada's Food Guide?
- a. nuts
 - b. bacon
 - c. baked potatoes
 - d. sweet potatoes

ANS: A REF: p. 41, Section 2.2-Diet-Planning Guides
MSC: Application

29. In which of the following food groups are legumes found?
- a. meats
 - b. dairy

- c. fruits
- d. grains

ANS: A REF: p. 41, Section 2.2-Diet-Planning Guides
MSC: Knowledge

30. 250 mL of fresh blueberries is about the size of which of the following items?
- a. a golf ball
 - b. a baseball
 - c. a grapefruit
 - d. a marshmallow

ANS: B REF: p. 41, Section 2.2-Diet-Planning Guides
MSC: Application

31. Which one of the following nutrients is especially important for women who could become pregnant, are pregnant, or are breastfeeding?
- a. vitamin D
 - b. calcium
 - c. vitamin C
 - d. folate

ANS: D REF: p. 42, Section 2.2-Diet-Planning Guides
MSC: Knowledge

32. Which of the following is among the recommendations of the *Eating Well with Canada's Food Guide*?
- a. practice good foot hygiene
 - b. reduce television viewing time
 - c. reduce computer Internet time
 - d. engage in regular physical activities

ANS: D REF: p. 43, Section 2.1-Principles and Guidelines
MSC: Knowledge

33. Canada's Food Guide groups foods primarily according to their nutrient content. How do Exchange Lists sort foods?
- a. By calorie content only.
 - b. By energy-yielding nutrient content.
 - c. By percent daily value.
 - d. By vitamin content.

ANS: B REF: p. 44, Section 2.2-Diet-Planning Guides
MSC: Knowledge

34. Food exchange systems were originally developed for people with which of the following illnesses?
- a. diabetes
 - b. terminal diseases
 - c. cardiovascular disease
 - d. life-threatening obesity

ANS: A REF: p. 44, Section 2.2-Diet-Planning Guides
MSC: Knowledge

35. Which of the following is the primary goal of the exchange list system?
- a. To provide assistance in achieving adequacy and calorie control.

- b. To provide assistance in achieving moderation and adequacy.
- c. To provide assistance in achieving balance and kcalorie control.
- d. To provide assistance in achieving kcalorie control and moderation.

ANS: D REF: p. 44, Section 2.2-Diet-Planning Guides
MSC: Application

36. In food exchange lists, to which group are avocados assigned?
- a. fat
 - b. meat
 - c. carbohydrate
 - d. vegetable

ANS: A REF: p. 44-45, Section 2.2-Diet-Planning Guides
MSC: Knowledge

37. The addition of calcium to some orange juice products by food manufacturers is most properly termed which of the following?
- a. nutrient enrichment
 - b. nutrient restoration
 - c. nutrient fortification
 - d. nutrient mineralization

ANS: C REF: p. 46, Section 2.2-Diet-Planning Guides
MSC: Application

38. The "Mix It Up! food campaign promotes increased consumption of
- a. fruits and vegetables
 - b. fish and skinless poultry
 - c. meat and alternatives
 - d. non-fat dairy products

ANS: A REF: p. 46, Section 2.2-Diet-Planning Guides
MSC: Knowledge

39. Which component of the grain is missing from whole-grain flour?
- a. bran
 - b. husk
 - c. germ
 - d. endosperm

ANS: B REF: p. 47, Section 2.2-Diet-Planning Guides
MSC: Application

40. Refined grain products contain only which part of the grain?
- a. bran
 - b. husk
 - c. germ
 - d. endosperm

ANS: D REF: p. 47, Section 2.2-Diet-Planning Guides
MSC: Application

41. Which nutrient makes up most of the endosperm section of grains such as wheat and rice?
- a. fat
 - b. fibre

- c. starch
- d. protein

ANS: C REF: p. 47, Section 2.2-Diet-Planning Guides
MSC: Knowledge

42. The part of the grain that remains after being refined is which of the following?
- a. bran
 - b. germ
 - c. husk
 - d. endosperm

ANS: D REF: p. 47, Section 2.2-Diet-Planning Guides
MSC: Knowledge

43. Which of the following breads has the highest fibre content?
- a. white
 - b. refined
 - c. enriched
 - d. whole-grain

ANS: D REF: p. 47, Section 2.2-Diet-Planning Guides
MSC: Application

44. Approximately what minimum percentage of all grains consumed by a person should be whole grains?
- a. 20 percent
 - b. 35 percent
 - c. 50 percent
 - d. 100 percent

ANS: C REF: p. 47, Section 2.2-Diet-Planning Guides
MSC: Application

45. Which one of the following is a characteristic of an enriched grain product?
- a. It has all of the added nutrients listed on the label.
 - b. It has the fibre restored from the refining procedure.
 - c. It has virtually all the nutrients restored from refining procedure.
 - d. It has only 4 vitamins and 4 minerals added by the food manufacturer.

ANS: A REF: p. 47, 48, Section 2.2-Diet-Planning Guides
MSC: Knowledge

46. Which one is a characteristic standard regarding the process of the nutrient enrichment of flours in Canada?
- a. Enriched flours contain calcium and iron.
 - b. Fibre levels must be similar to those in the whole grains.
 - c. Enrichment is not mandatory in Canada.
 - d. Thiamin and riboflavin are added in amounts exceeding their levels in the whole grain.

ANS: B REF: p. 47, 48, Section 2.2-Diet-Planning Guides
MSC: Knowledge

47. What mineral is added to refined flours in the enrichment process?
- a. iron
 - b. iodine
 - c. calcium

d. magnesium

ANS: A REF: p. 48, Section 2.2-Diet-Planning Guides
MSC: Knowledge

48. Which of the following product labels always denotes a whole-grain product?

- a. multi-grain
- b. 100 percent wheat
- c. whole-wheat
- d. stone-ground

ANS: C REF: p. 48, Section 2.2-Diet-Planning Guides
MSC: Application

49. The mandatory enrichment of grain products in Canada was initiated in which decade?

- a. 1870s
- b. 1890s
- c. 1970s
- d. 1990s

ANS: C REF: p. 48, Section 2.2-Diet-Planning Guides
MSC: Knowledge

50. Which nutrient was added to the enrichment process in 1998 in order to help to prevent some birth defects?

- a. folic acid
- b. pantothenic acid
- c. ascorbic acid
- d. citric acid

ANS: A REF: p. 48, Section 2.2-Diet-Planning Guides
MSC: Knowledge

51. Which of the following nutrients would be supplied in much greater amounts from whole-grain bread versus enriched bread?

- a. zinc
- b. folate
- c. riboflavin
- d. thiamin

ANS: A REF: p. 48, Section 2.2-Diet-Planning Guides
MSC: Knowledge

52. Which vitamins are added to milk in Canada?

- a. vitamin C and vitamin E
- b. vitamin A and vitamin D
- c. vitamin A and vitamin E
- d. vitamin C and vitamin D

ANS: B REF: p. 49, Section 2.2-Diet-Planning Guides
MSC: Knowledge

53. The most highly fortified foods on the market are which of the following products?

- a. frozen dinners
- b. imitation foods
- c. enriched breads

d. breakfast cereals

ANS: D REF: p. 49, Section 2.2-Diet-Planning Guides
MSC: Knowledge

54. Which of the following terms describes a food that contains physiologically active compounds that provide health benefits beyond their nutrient contributions?
- a. imitation foods
 - b. substitute foods
 - c. pseudo foods
 - d. functional foods

ANS: D REF: p. 49, Section 2.2-Diet-Planning Guides
MSC: Knowledge

55. Cooking a 220 gram raw steak will reduce the weight (grams) to approximately
- a. 125 grams
 - b. 150 grams
 - c. 170 grams
 - d. 200 grams

ANS: C REF: p. 49, Section 2.2-Diet-Planning Guides
MSC: Application

56. Textured vegetable protein is usually made from which of the following sources?
- a. soybeans
 - b. corn stalks
 - c. a mixture of legumes
 - d. cruciferous vegetables

ANS: A REF: p. 49, Section 2.2-Diet-Planning Guides
MSC: Application

57. Which of the following terms is used to describe a cut of meat having a low fat content?
- a. end
 - b. loin
 - c. prime
 - d. choice

ANS: B REF: p. 49, Section 2.2-Diet-Planning Guides
MSC: Application

58. A person must choose his or her milk products carefully; otherwise, he or she will consume too much of which of the following two nutrients?
- a. fat and vitamin D
 - b. sodium and vitamin A
 - c. calcium and vitamin A
 - d. sodium and fat

ANS: D REF: p. 49, Section 2.2-Diet-Planning Guides
MSC: Application

59. What term describes a food that resembles and substitutes for another food but is nutritionally inferior to it?
- a. faux food
 - b. pseudo food

- c. imitation food
- d. food substitute

ANS: C REF: p. 49, Section 2.2-Diet-Planning Guides
MSC: Knowledge

60. Your friend Josie has difficulty in determining the accurate portion size of a steak when she goes to a restaurant. Which one of the following pieces of advice would you give her regarding portion sizes?
- a. The steak portion should be similar to a deck of cards.
 - b. The steak portion should be similar to a CD.
 - c. The steak portion should be similar to a baseball.
 - d. The steak portion should be similar to a hockey puck.

ANS: A REF: p. 49, Section 2.2-Diet-Planning Guides
MSC: Application

61. Textured vegetable protein is usually made from which of the following sources?
- a. soy protein
 - b. fish protein
 - c. bean plus rice proteins
 - d. bean plus cheese proteins

ANS: A REF: p. 49, Section 2.4-Vegetarian Diets
MSC: Knowledge

62. A food scientist is developing a new and improved cereal bar. She consults with you to ask in what order the ingredients should be listed on the food label. The ingredients are: Sugar: 30 g, Puffed wheat: 28 g, Dry milk powder: 5 g, Red food colouring: 35 mg, Salt: 2 g. Which is the appropriate order in which to list these ingredients on the food label?
- a. sugar, puffed wheat, dry milk powder, salt, red food colouring
 - b. red food colouring, salt, dry milk powder, puffed wheat, sugar
 - c. dry milk powder, puffed wheat, red food colouring, salt, sugar
 - d. puffed wheat, sugar, dry milk powder, salt, red food colouring

ANS: A REF: p. 50, Section 2.3-Food Labels
MSC: Application

63. A food label ingredient list reads in the following order: Wheat flour, vegetable shortening, sugar, salt, and cornstarch. Which of those items would be found in the smallest amount in the food?
- a. salt
 - b. sugar
 - c. cornstarch
 - d. wheat flour

ANS: C REF: p. 50, Section 2.3-Food Labels
MSC: Application

64. Which of the following beverages is exempt from providing a nutrition facts label?
- a. orange juice
 - b. coffee
 - c. water
 - d. energy drinks

ANS: B REF: p. 50, Section 2.3-Food Labels
MSC: Application

65. Which of the following statements is the most accurate, regarding Canadian food labels?
- a. The term “fresh” can be used **only** for raw and moderately processed food.
 - b. Nutrition labelling **must** appear on virtually all processed as well as fresh foods.
 - c. Restaurant foods **must** provide nutrient content information on the menu.
 - d. Nutrition labelling is **not** required on foods produced by small businesses or products produced and sold in the same establishment.

ANS: D REF: p. 50-51, Section 2.3-Food Labels
MSC: Application

66. Approximately how many millilitres constitute a fluid ounce?
- a. 10 mL
 - b. $\mu\text{g/day}$ 20 mL
 - c. 30 mL
 - d. 40 mL

ANS: C REF: p. 51, Section 2.3-Food Labels
MSC: Knowledge

67. A serving size on beverage food nutrition facts labels is which of the following?
- a. 175 millilitres
 - b. 250 millilitres
 - c. 300 millilitres
 - d. 355 millilitres

ANS: B REF: p. 51, Section 2.3-Food Labels
MSC: Application

68. Approximately how many grams are in an ounce?
- a. 10 g
 - b. 20 g
 - c. 30 g
 - d. 40 g

ANS: C REF: p. 51, Section 2.3-Food Labels
MSC: Knowledge

69. Which one of the following is a feature of serving size information on food labels?
- a. Serving sizes for solid foods are expressed in only millilitres.
 - b. Small bags of individually wrapped food items must contain only one serving.
 - c. Serving sizes on food labels are not necessarily the same as those of Canada's Food Guide.
 - d. For a given product, the serving size is not the same, no matter how large the package.

ANS: C REF: p. 51, Section 2.3-Food Labels
MSC: Knowledge

70. Which of the following is a characteristic of food serving sizes?
- a. Serving sizes for most foods have not yet been established by Health Canada.
 - b. The serving size for ice cream is 500 mL and the serving size for all beverages is 375 mL.
 - c. Serving sizes on food labels are not always the same as those of the Canada's Food Guide.
 - d. Serving sizes must be listed in common household measures, such as cups, or metric measures, such as millilitres, but not both.

ANS: C REF: p. 51, Section 2.3-Food Labels
MSC: Knowledge

71. George ate 500mL of lettuce with 30 mL of salad dressing and 85 grams of cooked chicken for his lunch. Calculate the correct number of servings for each of the three foods listed.
- 4 servings of fruit and vegetables, 1 serving of fat, and 1 1/2 servings of meat.
 - 1 serving of fruit and vegetables, 1 serving of fat, and 1 serving of meat.
 - 2 servings of fruit and vegetables, 2 servings of fat and 1 serving of meat.
 - 3 servings of fruit and vegetables, 2 servings of fat and 2 servings of meat.

ANS: C

REF: p. 51, Section 2.3-Food Labels

MSC: Application

72. According to nutrition labelling laws, which of the following 2 minerals **must** be listed on the package label as percent Daily Value?
- calcium and iron
 - zinc and phosphorus
 - fluoride and chloride
 - chromium and magnesium

ANS: A

REF: p. 52, Section 2.3-Food Labels

MSC: Knowledge

73. At a minimum, how many nutrients must be listed on the Nutrition Facts table?
- 7
 - 9
 - 13
 - 15

ANS: C

REF: p. 52, Section 2.3-Food Labels

MSC: Knowledge

74. According to nutrition labelling regulations, the amounts of which 2 vitamins **must** be listed on the package label as percent Daily Value?
- vitamins D and E
 - vitamins A and C
 - thiamin and riboflavin
 - vitamin B₆ and niacin

ANS: B

REF: p. 52, Section 2.3-Food Labels

MSC: Knowledge

75. Food labels express the nutrient content in relation to a set of standard values known as which of the following designations?
- Percent Daily Value
 - CFIA Regulations
 - Reference Dietary Intakes
 - Recommended Dietary Intakes

ANS: A

REF: p. 52, Section 2.3-Food Labels

MSC: Knowledge

76. On a food label, the “% Daily Value” table compares key nutrients per serving for a person consuming how many kcalories daily?
- 1500 kcal
 - 2000 kcal
 - 2500 kcal
 - 3000 kcal

ANS: B REF: p. 52, Section 2.3-Food Labels
MSC: Knowledge

77. Which of the following foods qualifies as "a good source" of calcium?
- a. Cheese with 3% calcium
 - b. Kefir with 14% calcium
 - c. Yogurt with 19% calcium
 - d. Ice cream with 27% calcium

ANS: A REF: p. 52, Section 2.3-Food Labels
MSC: Application

78. Which of the following is NOT the same as fat-free milk?
- a. skim milk
 - b. less-fat milk
 - c. 1 percent milk
 - d. reduced-fat milk

ANS: A REF: p. 53, Section 2.2-Diet-Planning Guides
MSC: Knowledge

79. Gary has a sandwich for lunch. The label on the bread package indicates the bread is a "very high source of fibre." How many grams of fibre are there in a slice of bread that is considered to be a "very high source of fibre"?
- a. 3
 - b. 6
 - c. 8
 - d. 10

ANS: B REF: p. 53, Section 2.3-Food Labels
MSC: Application

80. A food label that advertises the product as a "source of fibre" is an example of which of the following claims?
- a. a nutrient claim
 - b. a lite-food claim
 - c. a weight reduction claim
 - d. a structure-function claim

ANS: A PTS: 1 REF: 54, Section 2.3-Food Labels
MSC: Application

81. According to Canadian food labelling regulations, clear and convincing evidence has been found for which one of the following health claims regarding nutrition and disease or conditions?
- a. sugar and diabetes
 - b. sodium and hypertension
 - c. sugar and hyperactivity
 - d. stress and water

ANS: B REF: p. 54, Section 2.3-Food Labels
MSC: Knowledge

82. Which of the following is a characteristic of structure-function claims on food labels?
- a. Non-fermentable carbohydrates may help to reduce dental cavities.
 - b. Consumption of green tea helps to protect blood lipids from oxidation.

- c. Iron is the only factor in red blood cell formation.
- d. Satisfy your thirst with water.

ANS: B REF: p. 54, Section 2.3-Food Labels
MSC: Application

83. Labelling laws in Canada mandate that ingredients are listed in which one of the following orders:
- a. In descending order of predominance by the number of calories in the product.
 - b. In descending order according to the nutritional claim on the label.
 - c. In ascending order according to the content in the product.
 - d. In descending order of predominance by the weight.

ANS: D REF: p. 54, Section 2.3-Food Labels
MSC: Knowledge

84. Greg is trying to decide which brand of cereal to buy, but he is a somewhat confused by the health claims. Which of the following represents the highest level of significant scientific agreement?
- a. "Promotes a healthy heart"
 - b. "This cereal supports heart health"
 - c. "This product contains whole grains which have been proven to reduce the risk of heart disease and certain cancers"
 - d. "Very limited and preliminary scientific research suggests this product can reduce risk for cancers, Health Canada concludes that there is little scientific evidence supporting this claim"

ANS: C REF: p. 54, 55, Section 2.3-Food Labels
MSC: Application

85. According to *Eating Well with Canada's Food Guide*, how many minutes of moderate-to vigorous intensity exercise should an adult engage in each week?
- a. 60
 - b. 90
 - c. 120
 - d. 150

ANS: D REF: p. 55, Section 2.3-Food Labels
MSC: Knowledge

86. Which of the following foods are allowed in the diet of a lacto-vegetarian?
- a. plant foods only
 - b. eggs and plant foods only
 - c. meat, eggs, and plant foods only
 - d. milk products and plant foods only

ANS: D REF: p. 57, Section 2.4-Vegetarian Diets
MSC: Application

87. Tempeh is made from which of the following plant sources?
- a. soybeans
 - b. any legume
 - c. fermented leafy vegetables
 - d. fermented yellow vegetables

ANS: B REF: p. 57, Section 2.4-Vegetarian Diets
MSC: Knowledge

88. Which of the following ingredients found on a food label is a source of protein?

- a. BHT
- b. tofu
- c. corn starch
- d. diglycerides

ANS: B

REF: p. 57, Section 2.4-Vegetarian Diets

MSC: Application

89. Which one of the following is a documented benefit for people following a vegetarian diet?

- a. lower body weights
- b. lower rates of anemia
- c. lower hunger rates
- d. lower incidences of stress

ANS: A

REF: p. 57, 58, Section 2.4-Vegetarian Diets

MSC: Application

90. Which of the following is an advantage of a vegan vegetarian diet?

- a. Fat intake is lower
- b. Fibre intake is lower
- c. Vitamin B₁₂ intake is higher
- d. Intakes of vitamin A and calcium are higher

ANS: A

REF: p. 57, 61, Section 2.4-Vegetarian Diets

MSC: Application

91. In vegetarians, the RDA is higher for which of the following nutrients?

- a. iron
- b. folate
- c. calcium
- d. vitamin A

ANS: A

REF: p. 59, Section 2.4-Vegetarian Diets

MSC: Knowledge

92. Which of the following is a non-dairy source of calcium for vegetarians?

- a. broccoli
- b. sunflower seeds
- c. apricots
- d. whole-grain bread

ANS: A

REF: p. 59, 60, Section 2.4-Vegetarian Diets

MSC: Application

93. Which of the following health concerns may arise if a vegetarian consumes an inadequate amount of vitamin B₁₂?

- a. kidney stones
- b. dry skin
- c. loss of vision
- d. high blood pressure

ANS: C

REF: p. 60, Section 2.4-Vegetarian Diets

MSC: Knowledge

94. Which one of the following is a typical characteristic of vegetarians?

- a. They are no less iron deficient than are omnivores.
- b. Their zinc absorption is efficient due to their high soy intake.
- c. They are at risk for iodine deficiency.
- d. Their need for calcium can be met, in large part, from enriched soymilk, breakfast cereals, and fortified juices.

ANS: D REF: p. 60, Section 2.4-Vegetarian Diets

MSC: Knowledge

95. Which of the following is permitted on a macrobiotic diet?
- a. abundant amounts of dairy
 - b. small amounts of seeds
 - c. small amounts of legumes
 - d. abundant amounts of fish

ANS: A REF: p. 61, Section 2.4-Vegetarian Diets

MSC: Application

MATCHING

- a. Sodium-free
 - b. 40
 - c. 45
 - d. 125 mL
 - e. 125 mL
 - f. CFIA
 - g. Bran
 - h. Iron
 - i. Chapati
 - j. Soybeans
 - k. Green peas
 - l. Balance
 - m. Vitamin B₁₂
 - n. Vitamin A
 - o. Endosperm
 - p. Nutrient density
 - q. Sodium and hypertension
 - r. Antioxidants and heart disease
 - s. Margarine containing plant sterols
 - t. Orange juice containing added calcium
1. The principle of consuming a number of foods in proportion to each other
 2. The principle of recognizing that a food has more iron than another food when expressed per calorie
 3. Serving size of rice in the Food Guide
 4. Serving size of rice on a food label
 5. Maximum number of mL of fat recommended daily
 6. Example of an ethnic grain
 7. Example of a fortified food
 8. Part of grain richest in fibre
 9. Part of grain containing most of the starch
 10. Nutrient added in grain enrichment process
 11. Legume belonging to the starch category of exchange lists

12. Commonly used to make textured vegetable protein
13. Example of a functional food
14. Nutrient commonly added in cow's milk fortification process
15. Organization that regulates food labelling
16. Less than 5 mg sodium/serving
17. Grams of fat supplied by a 1200-kcalorie diet that is 30 percent fat
18. Reliable health claim allowed on food labels
19. Health claim NOT allowed on food labels without a disclaimer
20. Nutrient commonly added in soymilk fortification process

- | | |
|------------|---------------|
| 1. ANS: L | REF: p. 35-36 |
| 2. ANS: P | REF: p. 36 |
| 3. ANS: D | REF: p. 41 |
| 4. ANS: E | REF: p. 41 |
| 5. ANS: C | REF: p. 42 |
| 6. ANS: I | REF: p. 44 |
| 7. ANS: T | REF: p. 46 |
| 8. ANS: G | REF: p. 47 |
| 9. ANS: O | REF: p. 47 |
| 10. ANS: H | REF: p. 48 |
| 11. ANS: K | REF: p. 49 |
| 12. ANS: J | REF: p. 49 |
| 13. ANS: S | REF: p. 49 |
| 14. ANS: N | REF: p. 49 |
| 15. ANS: F | REF: p. 50 |
| 16. ANS: A | REF: p. 53 |
| 17. ANS: B | REF: p. 53 |
| 18. ANS: Q | REF: p. 54 |
| 19. ANS: R | REF: p. 54 |
| 20. ANS: M | REF: p. 60 |

ESSAY

1. List and discuss the significance of 6 diet-planning principles.

ANS:

Answers will vary.

REF: p. 35 – 37

2. What is meant by the term “nutrient-dense food”? Give 3 examples each of foods with high nutrient density and low nutrient density.

ANS:

Answers will vary.

REF: p. 36

3. Consider the following menu from the point of view of the Canada's Food Guide.

<u>Breakfast</u>		<u>Lunch</u>		<u>Supper</u>	
2	eggs	2 oz	tuna fish	3 oz	hamburger meat
1 tsp	margarine		lettuce	1 oz	cheese
2	slices enriched white bread	1 tbsp	mayonnaise	1/2 c	cooked rice
1c	whole milk	2	slices enriched white bread	1/2 c	carrots
	coffee	1	apple		coffee

- Which of the following describes the nutritional value in this menu?
- Does it meet the daily requirements of *Eating Well with Canada's Food Guide* for an adult male of 19 - 50 years of age?

ANS:

Answers will vary.

REF: p. 39-42

4. List the 4 food groups and describe how foods are classified in Canada's Food Guide. What are the advantages and disadvantages of the plan?

ANS:

Answers will vary.

REF: p. 39-45

5. Discuss the disadvantages inherent in using Canada's Food Guide.

ANS:

Answers will vary.

REF: p. 39-45

6. Discuss the meaning, significance, and utility of *Eating Well with Canada's Food Guide* as an educational tool.

ANS:

Answers will vary.

REF: p. 38-49

7. Identify and discuss the concepts outlined in the Dietary Guidance for Canadians.

ANS:

Answers will vary.

REF: p. 39 - 49

8. Why do dietary guidelines include recommendations for physical activity?

ANS:

Answers will vary.

REF: p. 41

9. If a person has difficulty in calculating an accurate measurement of a food, what practical objects can he or she use to help him/her to identify an accurate estimate of a serving size? Discuss.

ANS:

Answers will vary.

REF: p. 41

10. Discuss ways in which dietary guidelines can be applied to ethnic diets.

ANS:

Answers will vary.

REF: p. 42 – 44

11. Discuss the relevance of the online interactive tool, My Food Guide.

ANS:

Answers will vary.

REF: p. 43

12. Discuss the Canada's Food Guide for First Nations, Inuit and Metis populations.

ANS:

Answers will vary.

REF: p. 43

13. What is the origin of food exchange lists? How are they best utilized?

ANS:

Answers will vary.

REF: p. 44-45

14. Provide examples and discuss the importance of the 5 subgroups of the vegetables food group.

ANS:

Answers will vary.

REF: p. 46

15. Why is it important to eat vegetables of various colours rather than restrict intake to just a few?

ANS:

Answers will vary.

REF: p. 46

16. Discuss the meaning and significance of foods that are refined, enriched, fortified, or whole-grain.

ANS:

Answers will vary.

REF: p. 46-48

17. Discuss the benefits and limitations of the Canadian grain enrichment legislation.

ANS:

Answers will vary.

REF: p. 46 – 48

18. Why are legumes classified as a meat alternative?

ANS:

Answers will vary.

REF: p. 49

19. When preparing meat, fish, and poultry, what steps can be taken to reduce the contribution of fat calories?

ANS:

Answers will vary.

REF: p. 49

20. List the agencies responsible for labelling regulations in Canada.

ANS:

Answers will vary.

REF: p. 50

21. Describe the major aspects of nutrition labelling regulations. List the information that must be displayed on food labels.

ANS:

Answers will vary.

REF: p. 50 - 52

22. Why do food label serving sizes often confuse consumers?

ANS:

Answers will vary.

REF: p. 51

23. List the 13 nutrients that must be found on a Canadian Nutrition Facts table.

ANS:

Answers will vary.

REF: p. 51-52

24. Calculate a set of personal Daily Values for someone with a 3000-kcalorie diet.

ANS:

Answers will vary.

REF: p. 53

25. What is a structure-function claim? Give 4 examples.

ANS:

Answers will vary.

REF: p. 54

26. Discuss the regulations for nutrient claims and health claims on food labels.

ANS:

Answers will vary.

REF: p. 54 - 55

27. List reasons that people become vegetarians.

ANS:

Answers will vary.

REF: p. 57

28. Explain the concepts and dietary practices associated with the macrobiotic diet.

ANS:

Answers will vary.

REF: p. 57

29. Discuss the benefits and adverse effects of regularly consuming soy products.

ANS:

Answers will vary.

REF: p. 57 – 59

30. List the advantages of a vegetarian diet. What nutrient requirements are more difficult to meet on this diet, and what precautions are needed to prevent insufficient intakes in the child, in the adult, and in the pregnant woman?

ANS:

Answers will vary.

REF: p. 57 - 61

31. How can vegetarians conform to the principles of Canada's Food Guide?

ANS:

Answers will vary.

REF: p. 58 - 61

32. Develop a modified, one day menu for a vegetarian and for a vegan using Canada's Food Guide.

ANS:

Answers will vary.

REF: p. 58 - 61

33. Discuss the adequacy of iron, zinc, and calcium nutrition in vegetarians.

ANS:

Answers will vary.

REF: p. 59

34. Discuss the adequacy of vitamin D and vitamin B₁₂ nutrition in vegetarians.

ANS:

Answers will vary.

REF: p. 60