

STUDY QUESTIONS, Chapter 1
DUE Sunday of Week 1

NOTE: These study questions are designed to help prepare you for exams. Read the chapters for understanding and not just to look up these answers. Once you go online, you will not have time to look up the answers, so be certain you prepare the answers first. You will only have 1 attempt to submit your answers to these study questions. Correct answers and scores will be available after the availability date (Tuesday). Notice the DUE date is different than the Availability date (see syllabus for more details).

For many of the Study Questions, more than one answer can be correct, and to receive full credit, you should **SELECT ALL THAT APPLY**.

1. According to the note above how many times can you submit these Study Questions in Moodle?
2. According to the note above, when will these scores be available (as well as correct answers and comments)?
 - a. Immediately
 - b. When the availability period has ended.
3. According to the Calendar (above Week 1 in moodle), when are these Study Questions for **Chapter 1** due to be submitted ONLINE?
 - a. Friday of Week 1 just before midnight.
 - b. Saturday of Week 1 just before midnight.
 - c. Sunday of Week 1 just before midnight.

The following questions are from Lecture Outline Chapter 1:

4. Which of the following can be classified as both organic and energy-yielding?
 - a. Protein and Carbohydrates
 - b. Lipids and Vitamins
 - c. Vitamins and Minerals
 - d. Water and Carbohydrates
5. Is CO₂ an organic substance?
6. Is a potato a carbohydrate?
7. Which of the following is TRUE of BOTH the placebo effect and a quack remedy?
 - a. There is probably intentional deception
 - b. There is potential for harm
 - c. There are unproven claims for benefits
 - d. Benefits are likely temporary
8. Read in Chapter 1 the introductory paragraphs and the section at the beginning with the heading **“A Lifetime of Nourishment”** (about 3 pages). What 2 common lifestyle habits are more influential than diet on your long-term health prospects?
 - a. a stressful life
 - b. smoking and other tobacco use
 - c. choosing to live in a polluted city
 - d. excessive drinking of alcohol
 - e. drinking any alcohol at all

9. Read in this section the subheading called "**Can I Live on Just Supplements?**" Of the points this section makes, which is most convincing to you regarding why real food supplies something to health that formula drinks (like Ensure or Slim Fast) don't provide?

For the next few questions, read "**The Science of Nutrition**" (about 5 pages).

10. It contains near the beginning what I think is an interesting sentence. "In truth, though, it is a scientist's business not to _____."
11. The "Scientific Challenge" part of this section also says that "Only when a finding has stood up to rigorous, _____ testing in several kinds of experiments performed by several different researchers is it finally considered to be confirmed".
12. Of the research studies mentioned in chapter 1 lecture outline, which one is NOT mentioned in this "Scientific Challenge" section of the text.
- Case study
 - Observational study
 - Epidemiological study
 - Laboratory study
 - Intervention study

For the following questions, read the *Controversy* at the end of chapter 1 called "Sorting the Imposters from the Real Nutrition Experts". A "*Controversy*" is always at the end of a chapter.

(Remember that with any of the multiple-choice questions, if more than one answer is correct, SELECT ALL THAT APPLY.)

13. On the TABLE called "Misinformation Terms" in this *Controversy* 1, how does the text define "urban legend"?
- a story that is always false
 - a story that is usually false
 - a story that is usually true
 - a story that may travel rapidly through the world via the Internet
14. (Fill in the blank) This section says an RD is usually a more reliable source of nutrition information than an MD. It says that only about _____ of all medical schools in the United States require students to take even one [comprehensive] nutrition course.
15. Chuck Chaplin works in the health food section of a Eugene store and his name tag says he is a nutritionist. What training and education can you be sure he has? (Keep in mind that Oregon is NOT a state with the legislation the book mentions.) _____
16. According to this *Controversy*, who is Ms Sassafras Herbert?
- a young woman with advanced training in nutrition
 - a young woman who is a professional member of a nutrition association
 - a poodle
 - a Siamese cat

17. Most of the Nutrition FN 225 instructors at LCC are RDs. What does RD stand for? _____
18. What are the 4 parts of the education and training an RD credential means an RD has, according to *Controversy 1*? (See the TABLE called "Terms Associated with Nutrition Advice"). When it talks about a "program of dietetics", they're talking about a 4-year undergraduate degree. Also, earning an approved license is NOT required in Oregon.

A few years ago, a company called Rose Creek Health Products took out several large ads in USA Today for a product it called Vitamin O. It said that's O for oxygen. Four ounces of Vitamin O cost \$40, plus shipping. The ad says that in a liquid form, Vitamin O delivers extra oxygen to the body, promotes sound sleep and stops infections. In the ad, an 84-year-old woman says she was really in poor shape before, but now, when she's taking 40 drops of Vitamin O in a glass of water, she says she feels completely renewed in body and mind and also uplifted in her spirit. The product is made by putting an electric current in salt water.

19. This Rose Creek Health Products information is an example of a "half truth"? The half that is true is: (select just ONE)
- There is proof that this product made her body healthier.
 - Vitamin O is on the list of vitamins at the beginning of Ch. 7 of our text.
 - You feel better when you take in oxygen.
 - Humans have gills like fish so we are very good at extracting oxygen from water.

Review your lecture notes about research studies (chapter 1 lecture outline). Also read pages 11-14 in the text. Then answer the questions about each of the studies that follow:

20. 690 adults were divided into 2 groups. One group received no advice and the other got advice and encouragement to increase fruit and vegetable intake. This study found that increasing fruit and vegetable intake raised plasma antioxidant concentration and lowered blood pressure. (*Lancet*, 6-8-02, Effects of Fruit & Vegetable Consumption on Plasma Antioxidant Concentration & Blood Pressure". According to the information in the Lecture Outline for chapter 1, what kind of study is this "fruit and vegetable intake /antioxidant"? _____
21. In human cells taken from tumors, polyunsaturated fats slowed tumor growth (in test tubes). (*Nutrition Reviews*, April, 1995) According to the information in the Lecture Outline for chapter 1, what kind of study is this "polyunsaturated fats/human cell" study? _____
22. A study looked at a 25-year-old soccer player with deterioration of kidney function whose symptoms disappeared when he voluntarily stopped taking the creatine supplement he'd been taking for 7 weeks. According to the information in the Lecture Outline for chapter 1, what kind of study is this "soccer player" study? _____

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23. Find a nutrition related **article** on the web by using a search engine like google. Search for a topic that you are interested in learning more about, for example organic foods. Evaluate the **article** using the information on **Guidelines for Evaluating Nutrition Info on the Web** from Chapter 1

Lecture Outline. The question in moodle will ask the following:

- What is the topic you searched?
- What is the title, author, date, publication, and url of the article you read?
- Does the author have the **authority** to be writing on this topic? Explain.
- Is the article **objective**? Explain.
- Does the information seem **accurate**? Explain.
- Is the article **current**? Explain.

24. You were asked to keep a record of the food you ate during one day (See instructions in Week 1 of Moodle).

What is the day of the week and date that you kept track. _____

List the *foods* you had, the *amounts* of each food and the approximate *time* of each meal or snack. Also, what was enjoyable about this day of food?

25. **MYSTERY QUESTION or QUESTIONS**. For this one, have your Chapter 1 LECTURE OUTLINE in front of you. You will be asked 1 or more questions about something from one of the blanks in the Chapter 1 LECTURE OUTLINE or one of the questions that are asked in this LECTURE OUTLINE and were answered in **Lecture 1A** or **1B**.