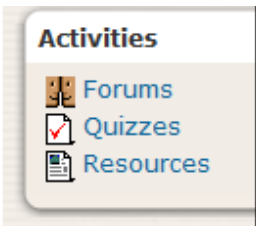
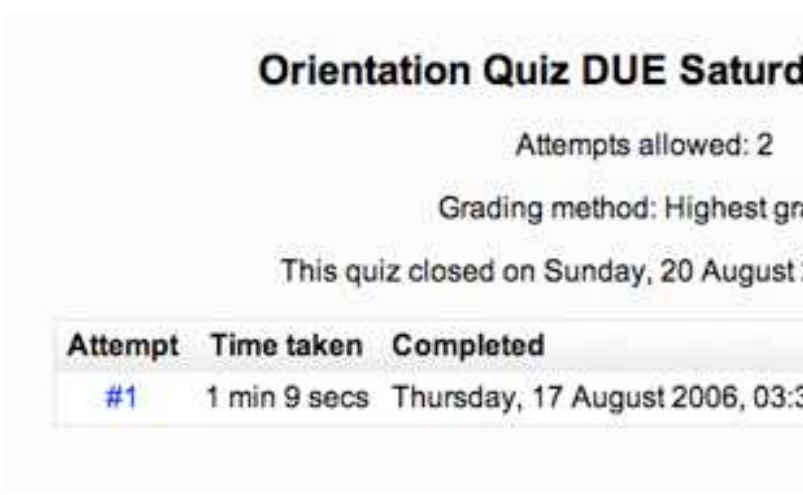


Study Questions, Chapter 2 and 3
Submit on Moodle after filling out this hardcopy
DUE Sunday of Week 2

IMPORTANT INSTRUCTIONS for accessing the correct study question answers and how you were marked for each answer. It's important for you to access them so you can tell me if the computer scored you as incorrect when your answer was correct but worded differently than what the computer wanted or because of a typo or misspelling. If any of this is the case, send me an e-mail and let me know and I can change your score. Reviewing the correct answers also allows you to make corrections to your hard copy of the study questions in the packet so that you can use these to study for exams.

<p><u>STEP #1 to view YOUR results:</u></p> <p>Once the "availability" closes (generally Tuesday at midnight [11:55 pm], although it's DUE Sunday at midnight [11:55 pm]), click on "Quizzes" below, and then click on the <i>title of the Study Questions</i>.</p> 	<p><u>STEP #2 to view YOUR results:</u></p> <p>(THIS IS STRANGE, I think.)</p> <p>Click on the blue #1 under "Attempt" to see the correct answers for each question. The example below is from a different class.)</p> 
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1. The **IMPORTANT INSTRUCTIONS** at the beginning of these questions explains why you should access the correct study question answers and how you were marked for each answer. It says that the reason you should do this is: (Be certain to select ALL that apply for any questions.)
 - a. You might win a prize.
 - b. You can tell me if the computer scored you as incorrect when your answer was correct but worded differently than what the computer wanted.
 - c. You can tell me if the computer scored you as incorrect when your answer had a typo or misspelling.
 - d. I can change your score.

2. Use the method you just read about to look at YOUR results for Study Questions for Chapter 1. I wrote a NOTE regarding question number 6. According to that note, which food has more potassium, a potato or banana? _____

CHAPTER TWO QUESTIONS

Read the introductory paragraphs of Chapter 2 as well as the section with the heading “**Nutrient Recommendations**” (about 5 pages).

Remember that if more than one answer is correct, to receive full credit, you should **select all that apply**.

3. Which of the following are part of the DRI?
 - a. RDA
 - b. AI
 - c. UL
 - d. DV

4. According at the TABLE in this section called “Nutrient Standards”, which is set whenever scientific data are insufficient to allow establishment of an RDA?
 - a. EAR
 - b. AMDR
 - c. AI

5. According to the **Figure, “Naïve View versus the Accurate View of Optimal Nutrient Intakes”** which of the following is a correct statement?
 - a. Consuming too much of a nutrient can be dangerous to health, just as consuming too little of a nutrient can be dangerous to health.
 - b. Only consuming too little of a nutrient can be dangerous to health, and anything above the recommended intake for nutrients can be considered safe.

6. Looking at the section that discusses “**How the Committee Establishes DRI Values-An RDA Example**”, which of the following is a correct statement?
 - a. Different individuals have different nutrient requirements, and when graphing nutrient needs for a given gender and age group, most people’s nutrient needs fall within the average. Therefore, the RDA for nutrient requirements are set at the average.
 - b. Different individuals have different nutrient requirements, but when graphing nutrient needs for a given gender and age group, most people’s nutrient needs fall within the average. However, the RDA for nutrient requirements are set to cover 97-98% of the population.

For the following questions, read the section with the heading “**Diet Planning with the USDA Food Guide**” (about 13 pages).

7. The FRUITS section of the **FIGURE in this section called USDA Food Guide** recommends that no more than _____ of your recommended fruit intake be fruit juice.

8. The FRUITS section of the **FIGURE in this section called USDA Food Guide** lists which of the following fruits as being lower in nutrient density (next to the yellow triangle)?
 - a. Canned peaches in syrup
 - b. Frozen raspberries with NO syrup
 - c. Fruit punch
 - d. Unsweetened dried fruit

9. The GRAINS section of the USDA Food Guide recommends that at least how much of your grain selections be **WHOLE** grain? (A **WHOLE** grain food would have the word **WHOLE** in the first ingredient.) _____
10. Using the USDA Food Guide, how many "**milk equivalents**" would you be getting from the milk group if you ate 1 ½ oz of cheese? _____
11. Using the USDA Food Guide, how many "**meat equivalents**" would you be getting from the **meat** group if you ate ½ c. of refried beans (legume)? _____
12. Last night, the **portion** of spaghetti noodles that Anne served herself and ate was about one cup. How many "ounce equivalents" from the "**grain**" group is this portion, using the USDA Food Guide? _____
13. Look at the **TABLE** in your text "**How Much Food From Each Group Daily?**". How many "ounce equivalents" of grain does this chart recommend for a Sedentary 32-year-old man? ____
14. Look at the **FIGURE** in this section called "**Ethnic and Regional Foods in the Food Groups**". Which one looks most interesting to you?
 - a. Asian
 - b. Mediterranean
 - c. Mexican
 - d. U.S. Deep South
15. Look at the **FIGURE** called "**Living Large: U.S. Trend Toward Colossal Cuisine**". How many calories does it say are in a *tub* of popcorn? _____

For the next questions read the **CONSUMER CORNER** called "**Checking Out Food Labels**".

16. According to this section, for what **five** vitamins and minerals **MUST** a food label state the contents (as percentages of the DVs)? (I know it lists only 4 together. The fifth one is listed just before those 4.)
17. According to the **MAGIC DV** described in the chapter 2 lecture outline, what **four** nutrients is the cereal label a "**good source**" of (pictured in the consumer corner section)? Be sure to look at **ALL** nutrients and not just vitamins and minerals when answering this type of question.

18. Ingredients must be listed in _____ order of predominance by weight.

Read ALL of the "Controversy" at the end of Chapter 2 in your text (10th edition called "Phytochemicals & Functional Foods"; 11th edition called "Are Some Foods 'Superfoods' for Health").

19. *If you don't know the meaning of the word carcinogen, check the glossary at the back of the text.* Look at the **TABLE** called "A Sampling of Phytochemicals- Possible Effects and Food Sources" in the text. List two phytochemicals for which there is **NO MENTION** of it being an antioxidant **or** having a role in cancer prevention / reduction. _____

20. Researchers attempted to induce breast cancer in mice by dosing 19 animals, starting at 7 weeks of age, with chemicals known to cause breast tumors. Then they fed food pellets highly fortified with genistein to 11 of the mice and gave the other 8 animals genistein-free pellets. Five of the 11 mice getting genistein developed tumors around age 34 weeks, whereas none of the 8 mice in the control group did, says study coauthor J. Kevin Day of the University of Missouri in Columbus (*Science News*, 6/16/01)
According to that same TABLE, what kind of phytochemical is genistein? _____
21. What is your book's advice on seeking out phytochemical supplements and phytochemical rich foods? (Look at the "Final Word" at the end of the Controversy for Chapter 2)

The following questions are from Lecture Outline Chapter 2.

22. When a Rolled Oats label says **Iron 10%**, what does that mean?
- 10% of the rolled oats are iron.
 - The package contains 10% of the RDA for iron.
 - The package contains 10% of the DV for iron.
 - A serving contains 10% of the DV for iron.
 - A serving contains 10% of the RDA for iron.
23. Which are set so they will meet the needs of nearly all people?
- RDAs for vitamins and minerals
 - RDAs for calories
 - Both are set this way
 - Neither are set this way
24. Being aware of ULs (**U**pper **I**ntake **L**evels) is important for people who do what? _____

CHAPTER 3

(These are also due Sunday of Week 2)

Read the introductory paragraphs as well as the section called "**The Body's Cells**" (about 3 pages)

25. Which cells does the text say replace themselves every 3 days?
- skin cells
 - brain cells
 - red blood cells
 - cells lining the digestive tract
 - muscle cells under ordinary conditions
26. According to the **FIGURE in this section called "A Cell (Simplified Diagram)"**, what is the part of the cell where energy is released from nutrients?
- the fingerlike projections on the outside of the cell
 - the membrane on the outside of the cell
 - the membrane on the outside of the nucleus
 - the nucleus
 - the mitochondrion

Go on to the section called "**The Digestive System**" (about 14 pages)

27. According to the section, "**Why do people like Sugar, Salt and Fat**" why is it good for humans that sugar and fat seem to be almost universally desired?
- it encourages us to consume whole foods
 - it encourages us to consume foods with ample energy
28. After reading "**If 'I Am What I Eat,' Then How Does A [Peanut Butter] Sandwich Become Me?**", choose the primary location where it says energy is released for cells to do their work.
- stomach
 - small intestine
 - colon
 - all of the above are listed as the primary location where energy is released
 - none of the above are listed as the primary location where energy is released
29. Take a look at the drawing about transit time at the edge of that page. In what part of the GI tract does food spend the most time- mouth, stomach, small intestine or colon? _____
30. Read "**A Letter from Your Digestive Tract.**" According to that "Letter", frequent use of self-prescribed heartburn medicine can mask symptoms of a hernia, GERD and what other disorder?
31. Read the section in the lecture outline called "**Digestion- What's the Point?**" Which is an accurate statement?
- The point of digestion is to break macronutrients apart so that energy can be released in the stomach.
 - The point of digestion is to get macronutrients into small enough forms to pass into the blood.
 - The point of digestion is to break macronutrients apart so that energy can be released in the small intestine.
32. According to the section in the lecture outline called "**Digestion- What's the Point?**" which of the following nutrients need to be broken down in order to pass into the cells lining the small intestine?
- Carbohydrates
 - Proteins
 - Fats
 - Vitamins
 - Minerals
33. Look in the **Glossary** in the back of the book. According to that, what is the meaning of the term to "absorb" nutrients:
- to take the nutrients into the intestinal wall cells **BEFORE** (usually) digestion
 - to take the nutrients into the intestinal wall cells **AFTER** (usually) digestion
34. Read the section in your lecture outline, called "**Our Ancestor's Diet**". Does this page say that the human body handles food now basically the same way the "Stone Age" bodies did?
- Yes, this section says that the human body handles food now basically the same way the "Stone Age" bodies did.
 - This section says that the human body does **NOT** handle food now basically the same way the "Stone Age" bodies did.

35. Does this page about "Our Ancestor's Diet" say that the humans have been farming for a large part of their existence on earth?
- Yes, this section says that humans have been farming for a large part of their existence on earth.
 - This section says that humans have NOT been farming for a large part of their existence on earth.
36. Compare the 2 diets on this page ("Our Ancestor's Diet") of your packet. Select the TRUE statement.
- The MODERN diet contains more calcium than the STONE AGE diet.
 - The STONE AGE diet contains more calcium than the MODERN diet.

For the following questions you will need to analyze your food and exercise record using the MyPyramid.gov website. See "**Instructions for Analyzing Food Records**" in week 2 of moodle.

37. Now follow those instructions to analyze the day of FOOD & BEVERAGES that you kept a record of during Week 1. (Do not include supplements as this is looking just at food and beverages.)
Date of your food record _____ (Write it here as you'll be asked in a later chapter to go back to that date.)
For which of the following nutrients was your intake BELOW the "Recommendation or Acceptable Range"? (***Be sure to write down the User ID and password you chose.***)
(Select all that apply.)
- | | |
|----------------------------|--|
| a. Protein | g. Calcium |
| b. Total Fiber | h. Magnesium |
| c. Saturated Fat | i. Iron |
| d. Vitamin E | j. Zinc |
| e. Vitamin B6 | k. Selenium |
| f. Vitamin B ₁₂ | l. Potassium |
| | m. None of the above. I was above my "Recommendation or Acceptable Range" for all nutrients. |

38. Look at your "MyPyramid Recommendations" for that day. Which groups were you below "100 Percent Recommendation"? (Select all that apply.)
- | | |
|-----------------|--|
| a. Milk | d. Fruits |
| b. Meat & Beans | e. Grains |
| c. Vegetables | f. None of the above. I was above "100 Percent Recommendation" for all groups. |

39. Take a look at the FORUM for Week 1 (last week). Do you find one posting by you? _____ List the date of that posting. _____

MYSTERY QUESTION. For this one, have your Ch. 2 and Ch. 3 lecture outlines in front of you. You will be asked 1 or more questions about something from one of the blanks in this LECTURE OUTLINE or one of the questions that are asked in this LECTURE OUTLINE and were answered in **Lecture 2A /2B.**