

# LC 510 - Life Coaching for Nutrition II

## Exam Instructions

**Thank you for enrolling into LC 510 - Life Coaching for Nutrition II. This is your online examination. Please follow these instructions:**

- Before attempting, carefully read the question text.
- Then choose the correct answer.
- Click on **"Next"** to go to the next question.
- Use the **"Next"** and **"Previous"** buttons to navigate between questions.
- Bookmark difficult questions to return to them later.
- Click the **"Submit All"** button to submit your exam for grading.
- Use the Question List in the upper left corner to view and jump to a certain question.
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**1.** Which of the following is FALSE about trabecular bone?

- A) very sensitive to changes in hormones and nutritional deficiencies
- B) porous and spongy in composition
- C) turnover is very rapid
- D) comprises approximately 80% of the skeleton

**2.** When does bone growth and modeling start?

- A) during fetal development
- B) at birth
- C) during infancy
- D) during childhood

**3.** Bone cells that are responsible for bone resorption are called \_\_\_\_\_

- A) osteoclasts
- B) cortical
- C) osteoblasts.
- D) trabecular.

**4.** In addition to proper growth and development, bone remodeling is critical in maintaining

- A) blood glucose levels.

- B) blood calcium levels.
- C) blood coagulation.
- D) vitamin D production.

**5.** Marie is 55 years old and just had her first DXA assessment. The results indicated that she has a T-score of  $-1.5$ . What does her T-score indicate?

- A) Compared to a 30-year-old healthy adult, her bone density is normal.
- B) Compared to a 30-year-old healthy adult, she has low bone mass.
- C) Compared to a 30-year-old healthy adult, she has osteoporosis.
- D) Nothing. DXA is not able to determine bone density in women over 50.

**6.** Which of the following techniques can assess the risk of fracture?

- A) blood calcium assessment
- B) dual energy x-ray absorptiometry
- C) underwater weighing
- D) bioelectrical impedance testing

**7.** Which of the following is NOT a function of calcium?

- A) transmission of nerve impulses
- B) muscle contraction
- C) maintenance of blood pressure
- D) promotes osteoclasts to break down bone

**8.** Which of the following is the most abundant mineral in our body?

- A) calcium
- B) iron
- C) phosphorus
- D) fluoride

**9.** Which of the following does NOT describe a role that calcitonin plays when blood calcium levels are elevated?

- A) Calcitonin limits calcium absorption from the intestine.
- B) Calcitonin inhibits osteoclasts from breaking down bone.
- C) Calcitonin prevents the re absorption of calcium in the kidney.
- D) Calcitonin stimulates the action of vitamin D.

**10.** The primary, active form of vitamin D in the human body is \_\_\_\_\_.

- A) 7-dehydrocholesterol

- B) calcidiol
- C) calcitonin
- D) calcitriol

**11.** Calcitonin is a hormone secreted by the \_\_\_\_\_ gland.

- A) adrenal
- B) parathyroid
- C) pituitary
- D) thyroid

**12.** Vitamin K's primary role in the body is \_\_\_\_\_

- A) muscle contraction.
- B) enzyme action.
- C) nerve transmission.
- D) blood clotting.

**13.** How can we increase our absorption of dietary magnesium?

- A) eat a high-fiber diet
- B) eat a high-carbohydrate diet
- C) eat a high-protein diet
- D) eat a high-fat diet

**14.** Which of the following factors does NOT contribute to low bone density in the adult years?

- A) Option 1
- B) inadequate calcium intake in childhood and adolescence
- C) low body weight
- D) early onset of menarche in females
- E) physical inactivity in adolescence

**15.** What is the primary reason osteoporosis incidence in the United States is expected to increase?

- A) inadequate treatment options
- B) increased diagnostic tools
- C) increased longevity of the population
- D) decline in milk consumption

**16.** What type of calcium supplement contains the highest amount of calcium per dose?

- A) calcium carbonate

- B) calcium lactate
- C) calcium citrate
- D) calcium phosphate

**17.** What is the primary role of the B-vitamins?

- A) provide the body with energy
- B) act as coenzymes
- C) maintain and repair body tissues
- D) maintain acid-base balance

**18.** Chromium assists in \_\_\_\_\_ uptake.

- A) calcium
- B) sodium
- C) potassium
- D) glucose

**19.** Which statement regarding thiamin is FALSE?

- A) It plays a critical role in the breakdown of glucose for energy.
- B) It plays a role in the synthesis of neurotransmitters.
- C) It is often toxic when consumed in excess.
- D) It acts as a coenzyme in the metabolism of branched-chain amino acids.

**20.** A person suffering from fatigue, muscle wasting, and nerve damage is likely suffering from which of the following deficiency diseases?

- A) cretinism
- B) beriberi
- C) pellagra
- D) macrocytic anemia

**21.** Wernicke-Korsakoff syndrome is associated with the decreased absorption and utilization of

- A) glucose
- B) thiamin
- C) riboflavin
- D) protein

**22.** Which of these nutrients is destroyed by exposure to light?

- A) riboflavin
- B) iron

- C) vitamin B12
- D) vitamin D

**23.** What is the primary symptom of niacin toxicity?

- A) dizziness
- B) diarrhea
- C) fatigue
- D) flushing

**24.** Pellagra is the deficiency disease associated with \_\_\_\_\_

- A) folate
- B) niacin
- C) thiamin.
- D) riboflavin

**25.** Good sources of riboflavin include \_\_\_\_\_

- A) milk, meats, and green vegetables.
- B) refined grains and pork.
- C) citrus fruits and berries
- D) potatoes, carrots, and bananas.

**26.** The primary sources of folate in the American diet are \_\_\_\_\_

- A) milk and dairy products.
- B) fresh fruits and vegetables.
- C) meat, fish, and poultry.
- D) enriched ready-to-eat cereals, bread, and grain products.

**27.** Folate deficiency during pregnancy is associated with

- A) Down's syndrome.
- B) gestational diabetes.
- C) neural tube defects.
- D) pellagra

**28.** Vitamin B12 is essential for the proper functioning of \_\_\_\_\_ cells.

- A) epithelial (skin)
- B) nerve
- C) gastric (stomach)

D) hepatic (liver)

**29.** High concentrations of homocysteine in the blood are associated with the development of \_\_\_\_\_

- A) diabetes
- B) heart disease.
- C) neural tube defects.
- D) osteoporosis

**30.** A deficiency of \_\_\_\_\_ has been associated with convulsions and dermatitis in infants.

- A) vitamin B6
- B) vitamin B12
- C) folate
- D) pantothenic acid

**31.** A lack of dietary iodine during pregnancy is the primary cause of \_\_\_\_\_ worldwide.

- A) goiters
- B) neural tube defects
- C) anemia
- D) cretinism

**32.** Iodine is essential for the synthesis of \_\_\_\_\_ hormones.

- A) estrogen
- B) growth
- C) thyroid
- D) androgen

**33.** Vitamin K deficiencies are rare because

- A) absorption of vitamin K from dietary sources is close to 100%.
- B) most foods contain some vitamin K.
- C) intestinal bacteria produce vitamin K.
- D) the majority of people take vitamin K supplements.

**34.** Bob's physician has just diagnosed him with iron-deficiency anemia. All of the following would be good advice for Bob to utilize more dietary iron EXCEPT

- A) eating meat with beans and vegetables.
- B) drinking a glass of orange juice with his breakfast cereal.
- C) drinking a glass of milk with his iron supplement.
- D) cooking his foods in cast-iron pans.

- 35.** All of these will help you avoid purchasing fraudulent or dangerous supplements EXCEPT
- A) looking for the U.S.P symbol.
  - B) buying nationally recognized brands.
  - C) purchasing products labeled "natural."
  - D) contacting the company to request additional information.
- 36.** All of the following statements are true EXCEPT
- A) Dietary supplements do not need approval from the FDA before they are marketed.
  - B) All supplements sold in the U.S. must contain a U.S.P. (U.S. Pharmacopoeia) symbol.
  - C) There are no rules to limit the amount of a nutrient in any dietary supplement.
  - D) There are no federal guidelines to ensure the purity, safety, and quality of supplements.
- 37.** Which of the following is NOT one of the physiological effects of regular physical activity?
- A) enhances the action of insulin
  - B) enhances gastric motility
  - C) improves sleep patterns
  - D) decreases high-density lipoprotein cholesterol (HDL)
- 38.** The Institute of Medicine recommends a minimum of \_\_\_\_\_ minutes of physical activity each day for adults.
- A) 15
  - B) 30
  - C) 45
  - D) 60
- 39.** Marco wants to improve his cardio respiratory fitness. Which type of activity would be the MOST effective to achieve this goal?
- A) weight lifting every other day
  - B) yoga four times a week
  - C) resistance training three times a week
  - D) aerobics class three times a week
- 40.** After completing an exercise session, adequate hydration in an athlete is best determined by
- A) lack of fatigue and soreness in the muscles.
  - B) urine that is light yellow in color.
  - C) no sweat production.
  - D) absence of leg cramps.

**41.** The FIT principle is \_\_\_\_\_

- A) the level of fitness one should achieve according to one's age.
- B) the principle that a good physical fitness program should be based on frequency, intensity, and time.
- C) a method to determine your fitness level based on your target heart rate.
- D) a method to determine fitness based on flexibility and muscle strength.

**42.** To achieve moderate intensity physical activity, the Centers for Disease Control and Prevention recommends a target heart rate of between 50 to \_\_\_\_\_ percent of an individual's maximal heart rate.

- A) 55
- B) 70
- C) 65
- D) 80

**43.** During exercise what source(s) is/are used by the body for glucose?

- A) glycogen stored in skeletal muscles
- B) glucose found in bones
- C) Option 3
- D) fatty acids stored in adipose tissue
- E) protein found in blood

**44.** The primary end product of glycolysis is

- A) ATP (adenosine triphosphate).
- B) CP (creatine phosphate).
- C) lactic acid.
- D) pyruvic acid.

**45.** When oxygen is scarce, cellular pyruvic acid will be converted to \_\_\_\_\_

- A) glucose
- B) ATP
- C) lactic acid.
- D) fatty acids.

**46.** Which of the following is NOT true about cool-down exercise after an exercise session?

- A) helps to prevent injury
- B) helps to reduce muscle soreness
- C) helps to cool the body



D) helps digestion later on

**47.** Fatty-acid molecules provide much of the energy for

- A) high-intensity, short-term activity
- B) long-term activity such as walking
- C) intense aerobic exercise
- D) resistance training

**48.** Which of the following is NOT a reason fat becomes an energy source for trained athletes?

- A) increases the number and activity of various enzymes involved in fat metabolism.
- B) improves the ability of muscles to store fat.
- C) improves the ability to extract fat from the blood during exercise.
- D) replaces carbohydrates as an energy source during prolonged, intense training.

**49.** At rest, the body's fuel source is primarily

- A) protein.
- B) carbohydrate
- C) fat
- D) amino acids

**50.** George plays basketball for his high school team and he is concerned that he is not consuming enough kilocalories to support his activity. Which of the following would be the BEST indicator that he is not consuming adequate kilocalories?

- A) His performance has been impaired.
- B) He is losing weight.
- C) His blood glucose levels are low.
- D) His hemoglobin is low.

**51.** Andrea thinks that carbohydrate loading could be beneficial to her. Which of the following statements is FALSE about this practice?

- A) Carbohydrate loading is appropriate in endurance activities such as a marathon.
- B) Carbohydrate loading may cause water retention.
- C) Carbohydrate loading maximizes glycogen stores.
- D) Carbohydrate loading is helpful for moderately intense physical activity to maintain fitness.

**52.** Some athletes believe that caffeine can enhance athletic performance because it has been shown to

- A) increase muscle flexibility and strength.
- B) increase the use of fatty acids as a fuel source.

- C) regenerate ATP for energy.
- D) increase the transport of amino acids to exercising muscle.

**53.** Why are the B vitamins especially important to an athlete?

- A) Carbohydrates are a poor source of the B vitamins.
- B) During exercise large amounts of the B vitamins are lost in the urine.
- C) The B vitamins are directly involved in energy metabolism.
- D) Active athletes cannot eat a sufficient amount of calories to meet the RDAs for the B vitamins.

**54.** Which of the following BEST describes disordered eating?

- A) a psychiatric condition that requires a physician's diagnosis
- B) any condition in which one's eating behavior changes more than 6 times per year
- C) general term that describes a variety of abnormal or atypical eating behaviors
- D) any disorder in which one attempts to reduce one's body weight below a healthy range

**55.** Which of the following is NOT symptomatic of anorexia nervosa?

- A) refusal to maintain body weight at a minimally normal weight for age and height
- B) absence of menstrual cycle unless hormones (estrogen-progesterone) are given
- C) secretive consumption of large amounts of food in a short period of time
- D) intense fear of gaining weight or becoming fat

**56.** Currently, the best known treatment of eating disorders is

- A) a team-management approach.
- B) psychotropic medications.
- C) IV therapy
- D) a high-calorie, high-protein diet.

**57.** The majority of food infections are caused by which of the following?

- A) prions
- B) microorganisms
- C) viruses
- D) fungi

**58.** Which of the following environmental conditions would NOT affect the survival and reproduction of food microorganisms?

- A) a temperature between 40°F and 140°F
- B) a low amount of humidity
- C) the presence of oxygen

D) a preferred range of acidity

**59.** Which of these people have the LEAST amount of risk of suffering serious consequences from a food-borne illness?

- A) cancer patient receiving immune-suppressant drugs
- B) developing fetus
- C) person with AIDS
- D) person recovering from surgery

**60.** Which of the following is an example of a neurotoxin?

- A) Hepatitis A
- B) Salmonella
- C) Clostridium botulinum
- D) Norwalk virus

**61.** To avoid food-borne illness at your next barbeque, it is good practice to do all of the following EXCEPT

- A) transport and keep food cold at a temperature at or below 40°F.
- B) grill hamburgers to medium rare.
- C) not let perishable food sit out longer than 2 hours.
- D) wash hands thoroughly and frequently

**62.** Which statement is FALSE about fungi causing adverse food reactions?

- A) Many species of fungi can cause serious illness in otherwise healthy people.
- B) Fungal growth makes food look unappealing.
- C) Fungal growth makes food taste unappealing.
- D) Most fungi that cause disease in humans are not food-borne.

**63.** The main symptom associated with Clostridium botulinum intoxication is

- A) diarrhea
- B) paralysis
- C) anemia
- D) jaundice

**64.** Mycotoxins are most commonly found in

- A) hamburger and sausage.
- B) milk and cheese.
- C) peanuts and grains.

D) spinach and tomatoes.

**65.** Which of the following is most commonly associated with food-borne illnesses?

- A) foods of animal origin
- B) fruits
- C) grains
- D) vegetables

**66.** Which of the following is a FALSE statement regarding the proper refrigeration and freezing of food?

- A) Unless used within 48 hours of purchase, meat and poultry should be stored frozen.
- B) Keep the refrigerator temperature at or below 40°F.
- C) Thaw frozen meat and poultry on the kitchen counter.
- D) When storing in the refrigerator, keep meat and poultry wrapped in plastic so juices will not drip onto other foods.

**67.** The easiest and most effective way to prevent food-borne illnesses is to

- A) wash hands before handling food.
- B) separate foods to avoid cross-contamination.
- C) chill foods to prevent microbes from growing.
- D) cook foods to their proper temperature.

**68.** It is 10 a.m., and Julie is trying to decide what to prepare for tonight's dinner. She selects a frozen turkey breast and must thaw it before she can proceed with her cooking preparations. Which of the following would be an appropriate method of thawing her poultry?

- A) Julie could use her microwave.
- B) Julie could place the turkey breast out on the kitchen counter (since she will be cooking the turkey the same day).
- C) Julie could place the turkey breast in a basin of warm water.
- D) Julie could place the turkey on a top refrigerator shelf in a bowl of water.

**69.** The antibiotic-resistant bacteria that is thought to result from the use of antibiotics in animals is

- A) MRSA
- B) botulism
- C) salmonella
- D) e-coli.

**70.** Which of the following is an antioxidant added to food as a preservative?

- A) vitamin C.

- B) cornstarch
- C) ginkgo.
- D) nitrate

**71.** A process that uses gamma rays to eliminate harmful bacteria in meat and poultry is called \_\_\_\_\_.

- A) irradiation
- B) packaging
- C) processing
- D) pasteurization

**72.** Which of the following BEST describes the Generally Recognized as Safe (GRAS) List?

- A) government law that prevents the intentional addition of compounds that have been shown to cause cancer in animals or humans
- B) government recommendation that all predatory fish be tested for mercury before being sold to the consumer
- C) catalogue of food additives generally regarded as safe; established in 1958 by the U.S. Congress
- D) pending legislation to ban irradiation as a method of food preservation

**73.** Which human organ system is MOST affected by toxic levels of mercury?

- A) nervous
- B) renal
- C) cardiovascular
- D) digestive

**74.** The most common nutritional deficiency worldwide is \_\_\_\_\_.

- A) iron
- B) vitamin A
- C) iodine
- D) protein

**75.** Which of the following individuals would NOT be eligible to receive Women's, Infants, and Children (WIC) benefits?

- A) Bonita, a three-month-old infant
- B) Juan, a two-year-old child
- C) Mary, a 32-year-old pregnant woman
- D) James, a seven-year-old child

**76.** The type of under nutrition that affects toddlers who have recently been weaned from breast milk and given a diet that is severely lacking in protein is \_\_\_\_\_.

- A) Kwashiorkor
- B) Toddler malnutrition
- C) Option 3
- D) Marasmus
- E) Protein deficit malnutrition

**77.** Which of the following is NOT a possible benefit of encouraging all women in developing countries to breastfeed their infants?

- A) Breast milk provides optimal nutrition for healthy growth and development of infants.
- B) Breast milk contains antibodies that protect infants against infection and disease.
- C) HIV and AIDS cannot be transmitted via breast milk to the infant.
- D) The use of infant formula can result in diarrhea related disease from the use of unsanitary water in preparation.

**78.** A child who is shorter than his or her expected height for age is suffering from

- A) stunting
- B) height deprivation.
- C) wasting
- D) linear growth delay.

**79.** Substances that lead to birth defects are called \_\_\_\_\_

- A) genopathogens
- B) teratogens.
- C) neonatal pathogens.
- D) toxicogens

**80.** Which of the following is NOT a benefit of breastfeeding for the infant?

- A) The protein in breast milk is easy for the infant to digest.
- B) The antibodies and immune factors found in breast milk help to protect the infant from infection.
- C) The DHA found in breast milk is essential to the development of the infant's nervous system and retina.
- D) The fat in breast milk is difficult for the infant to digest

**81.** Which of the following is NOT a reason infants are at higher risk of dehydration than adults?

- A) Infants have a small body size, which limits the amount of body water.
- B) Infants lose more fluid via evaporation than adults.
- C) Infants have immature kidneys and are unable to concentrate urine as well as adults.

D) Infants have kidneys that produce highly concentrated urine

**82.** The average weight and height for a healthy newborn in the United States is \_\_\_\_\_ pounds and 18-22 inches long.

A) 5 1/2

B) 6 1/2

C) 7 1/2

D) 8 1/2

**83.** A low-birth-weight infant is one that weighs less than \_\_\_\_\_ pounds.

A) 5.5

B) 6.0

C) 6.5

D) 7.0

**84.** In which trimester of pregnancy is the fetus the most vulnerable to teratogens?

A) first

B) second

C) third

D) fourth

**85.** Recommended weight gain during pregnancy is based on the \_\_\_\_\_

A) mother's weight at the end of the first trimester.

B) size of the fetus at 3 months' gestation.

C) mother's weight before becoming pregnant.

D) number of fetuses (single or multiple).

**86.** Which of the following statements is FALSE regarding calcium needs during pregnancy?

A) The AI for calcium is the same for pregnant and non-pregnant women.

B) Calcium absorption is very efficient during pregnancy.

C) The extra demand for calcium during pregnancy has been shown to cause bone demineralization and increase the risk of future fractures.

D) Kale, collard greens, and broccoli are good plant sources of calcium.

**87.** Which of the following fatty acids is critical to fetal brain and eye development?

A) stearic acid

B) oleic acid

C) docosahexaenoic acid (DHA)

D) palmitic acid

**88.** Macrocytic anemia results from a deficiency of \_\_\_\_\_

- A) vitamin D.
- B) vitamin B6.
- C) vitamin B12.
- D) vitamin C.

**89.** During pregnancy excess consumption of \_\_\_\_\_ is associated with birth defects.

- A) iron
- B) vitamin C
- C) vitamin A
- D) calcium

**90.** All of the following are associated with gestational diabetes EXCEPT

- A) delivery of a low-birth-weight infant.
- B) increased maternal risk of developing type 2 diabetes.
- C) increased fetal risk of developing metabolic syndrome later in life.
- D) increased fetal risk of developing type 2 diabetes.

**91.** During pregnancy what amount of alcohol consumption is considered safe?

- A) none
- B) one drink a month
- C) one drink a week
- D) one drink a day

**92.** The hormones that prepare the breasts physically for lactation are estrogen and \_\_\_\_\_.

- A) colostrum
- B) prolactin
- C) progesterone
- D) oxytocin

**93.** Which of the following is NOT a maternal benefit of breastfeeding?

- A) assists the uterus in returning to prepregnancy size
- B) shortens the intervals between pregnancies
- C) is less costly



- 94.** Which of the following would NOT be good advice to give to a parent regarding the introduction of solids to their six-month-old infant?
- A) Add honey to cereal and fruit to improve infant acceptance of these new foods.
  - B) Introduce one new food at a time and watch for signs of allergies.
  - C) Iron fortified rice cereal is the first food to introduce to your infant.
  - D) Select commercial baby foods that are low in sodium or sugar.
- 95.** Why are newborn infants given a single injection of vitamin K?
- A) Breast milk and infant formulas are low in vitamin K.
  - B) The trauma of birth destroys the newborn's vitamin K stores.
  - C) The infant's intestinal bacteria are not yet able to synthesize vitamin K.
  - D) Infants cannot absorb vitamin K until approximately 3 months of age.
- 96.** Why is it strongly recommended that infants NOT consume honey?
- A) Honey consumption during infancy is associated with the development of dental caries.
  - B) Honey can lead to chronic diarrhea in infants.
  - C) Infants do not like the taste of honey.
  - D) Honey contains spores of the bacterium *Clostridium botulinum*.
- 97.** Studies have shown that exposure of the fetus to famine in the first trimester of pregnancy resulted in a high risk of the development of \_\_\_\_\_ in adulthood.
- A) osteoporosis
  - B) celiac disease
  - C) metabolic syndrome
  - D) colon cancer
- 98.** Poor maternal intake of calcium increases the risk of \_\_\_\_\_ in the adult offspring.
- A) osteoporosis
  - B) colon cancer
  - C) hypertension
  - D) obesity
- 99.** The fetal adaptation theory indicates that a fetus exposed to starvation or malnutrition goes into a survival mode. Which of the following is NOT a fetal physiological response in this situation?
- A) The production of hormones shifts to promote energy storage.
  - B) The activity of enzymes may increase or decrease.
  - C) There may be changes in the expression of certain genes.
  - D) The size and function of body organs, such as liver or kidneys, does not change.

- 100.** Which of the following birth defects has NOT been linked to maternal obesity?
- A) neural tube defects
  - B) cleft palate
  - C) heart defects
  - D) cancer
- 101.** Which of the following is NOT a risk in the offspring of women who smoke during pregnancy?
- A) osteoporosis
  - B) hypertension
  - C) childhood allergies
  - D) respiratory diseases
- 102.** The process by which a fetus's metabolism, hormone production, and other physiological processes shift in response to inadequate energy intake during pregnancy is called the \_\_\_\_\_ theory.
- A) fetal adaptation
  - B) fetal response
  - C) fetal mutation
  - D) fetal modification
- 103.** Which of the following statements is FALSE regarding the consequences of the following maternal nutrient deficiencies during pregnancy?
- A) Poor maternal intake of calcium during pregnancy results in a high risk of hypertension.
  - B) Poor maternal intake of folate during pregnancy is linked to the development of neural tube defects.
  - C) Low maternal intake of DHA and omega-3 fatty acid during pregnancy is associated with developmental delays in children.
  - D) Maternal zinc deficiency has no known consequences in adult offspring.
- 104.** Which of the following is FALSE concerning research conducted on subjects born during weather- and war-related famines in Africa?
- A) Cardiovascular disease is now the second leading cause of death in adults.
  - B) One-half of the cardiovascular deaths in the sub-Saharan population are among adults 30-69 years old.
  - C) Infectious disease accounts for the majority of deaths.
  - D) Low birth weight is associated with higher blood pressure in childhood and adolescence.
- 105.** The development of the \_\_\_\_\_ system is particularly dependent on adequate consumption of fat during the toddler years.
- A) digestive
  - B) nervous

- C) skeletal
- D) urinary

**106.** The most common nutrient deficiency in young children is caused by inadequate \_\_\_\_\_ consumption.

- A) calcium
- B) iron
- C) folate
- D) zinc

**107.** Which of the following foods would be the BEST source of dietary calcium for a young toddler?

- A) spinach
- B) skim milk
- C) whole milk
- D) yogurt

**108.** Which of the following is NOT a recommendation to avoid allergies in children?

- A) If a child has a negative reaction to a food, never offer it to that child again.
- B) Introduce new foods one at a time.
- C) Rotate foods in the diet rather than serving them every day.
- D) When introducing a new food, watch for any allergic reaction for a week before offering another new food.

**109.** All of the following foods pose a choking hazard for children EXCEPT

- A) whole grapes.
- B) cherry tomatoes.
- C) hard candy.
- D) yogurt

**110.** Maria is a 3-year-old toddler and weighs 34 pounds. How many grams of protein should she consume each day?

- A) 13 grams
- B) 17 grams
- C) 20 grams
- D) 37 grams

**111.** Obesity in children is defined as having a BMI at or above the \_\_\_\_\_ percentile.

- A) 75th

- B) 85th
- C) 95th
- D) 100th

**112.** Federal guidelines specify that school lunches must provide \_\_\_\_\_ of the 1989 RDAs for protein, vitamin A, vitamin C, iron, calcium, and energy.

- A) 1/4
- B) 1/3
- C) 1/2
- D) 2/3

**113.** Federal guidelines in the U.S. specify that school lunches must contain no more than \_\_\_\_\_ percent of the total calories from saturated fat.

- A) 10 % to 15%
- B) 15 % to 20 %
- C) 20 %
- D) 25 % to 35%

**114.** How much fat is recommended for a preschooler?

- A) 10-20% of total energy
- B) 15-25% of total energy
- C) 25-35% of total energy
- D) 40-50% of total energy

**115.** Which of the following is NOT an appropriate weight control recommendation for an overweight 11-year-old?

- A) Exercise for at least one hour a day.
- B) Limit television watching to no more than two hours a day.
- C) Consume appropriate portion sizes of foods.
- D) Decrease caloric intake by 1000 calories a day.

**116.** Growth acceleration in adolescence is primarily driven by

- A) increased physical activity.
- B) increased caloric intake.
- C) hormonal changes.
- D) changes in muscle composition

**117.** Peak bone mass is typically achieved in \_\_\_\_\_

- A) late childhood.
- B) early teens.
- C) late teens and early twenties.
- D) the late thirties.

**118.** The total amount of energy needed per day for any given age is called the \_\_\_\_\_ energy requirement.

- A) estimated
- B) required
- C) recommended
- D) allowable

**119.** The cartilage that is located at the end of long bones that closes when growth ceases is called the \_\_\_\_\_ plate.

- A) cortical
- B) trabecular
- C) ostoid
- D) epiphyseal

**120.** Which of the following is associated with the premature closure of the epiphyseal plate?

- A) malnutrition
- B) excessive calcium intake
- C) obesity
- D) reduced activity level

**121.** Which of the following is NOT related to the increased iron needs in adolescence?

- A) Skeletal muscle mass increases.
- B) Food choices are often inadequate in iron.
- C) Iron is lost because of menstruation (in girls).
- D) Iron utilization slows down.

**122.** Adolescent acne is caused by

- A) eating fatty foods.
- B) hormonal changes.
- C) lack of adequate fluid intake.
- D) consumption of chocolate.

- 123.** The leading cause of death among high-school youths is \_\_\_\_\_.  
A) automobile accidents  
B) alcohol intoxication occurrences  
C) eating disorders  
D) drug overdoses
- 124.** All of the following are physiological changes that typically occur with aging EXCEPT decreased  
A) lean body mass.  
B) bone density.  
C) fat mass.  
D) taste and smell acuity.
- 125.** In the elderly a \_\_\_\_\_ deficiency can lead to a decreased sense of taste and smell.  
A) zinc  
B) iron  
C) vitamin D  
D) protein
- 126.** A reduced production of gastric secretions often seen in older adults can result in  
A) a reduced absorption of calcium.  
B) an increased absorption of vitamin C  
C) a reduced absorption of potassium  
D) a reduced absorption of vitamin B12.
- 127.** Which of the following is NOT a reason that vitamin D and calcium supplements are recommended for elderly individuals?  
A) Absorption of calcium and vitamin D is reduced as we age.  
B) Elderly frequently do not use sun blockers that inhibit the synthesis of vitamin D.  
C) Elderly individuals have adequate exposure to sunlight.  
D) Older individuals tend to eat foods rich in calcium.
- 128.** In older adults, which of the following is a mineral important to a healthy immune system and wound healing?  
A) calcium  
B) vitamin C  
C) vitamin A  
D) zinc

- 129.** The RDA for \_\_\_\_\_ decreases with age.
- A) calcium
  - B) vitamin D
  - C) iron
  - D) vitamin C
- 130.** All of the following can contribute to chronic dehydration in elderly individuals EXCEPT
- A) kidney function decreases with advancing age.
  - B) the thirst mechanism is impaired in the elderly.
  - C) perspiration increases as we age.
  - D) older adults may limit fluid intake due to urinary incontinence.
- 131.** On average, Americans have a life expectancy that extends into the \_\_\_\_\_
- A) early seventies.
  - B) late seventies.
  - C) early eighties
  - D) late eighties.
- 132.** The absorption of vitamin \_\_\_\_\_ increases in older adults.
- A) A
  - B) B12
  - C) C
  - D) D
- 133.** Which of the following is NOT a benefit of a Calorie Restricted (CR) diet?
- A) The reduced metabolic rate results in a significantly lower production of free radicals.
  - B) The reduced caloric intake results in reduced oxidative damage to DNA and other cells.
  - C) Caloric Restriction causes marked improvement in insulin sensitivity.
  - D) Calorie Restriction results in decreased fat mass and increased lean body mass.
- 134.** Metabolic effects of CR reported in several human studies include all of the following EXCEPT \_\_\_\_\_.
- A) increased energy expenditure
  - B) a decreased fat mass and lean body mass
  - C) decreased insulin levels and improved insulin sensitivity
  - D) decreased core body temperature and blood pressure

**135.** The key to a successful Calorie Restricted diet is to

- A) consume 1000 or fewer calories per day.
- B) consume a low calorie, high nutrient-dense diet.
- C) exercise at least one hour each day while eating fewer calories than usual.
- D) join a support group.

**136.** According to the Centers for Disease Control and Prevention

- A) chronic diseases are responsible for 5 out of every 10 deaths in America.
- B) changing two human behaviors could reduce the incidence of most chronic diseases.
- C) engaging in at least 30 minutes of moderate physical activity can promote longevity.
- D) adding extensive supplements to your diet will increase longevity.



