**Human Physiology 110 – Chapter 38 – Food and Nutrition OPEN BOOK TEST**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: Dec 12, 2016 DUE: Friday, December 16, 2016**

**Part A – Fill in the blanks or multiple choice questions (select one correct answer) – Value 20**

1. Gasoline is to a car as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is to your body.

2. The energy available in food can be measured by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the food.

3. About how many kilocalories does the average teenager need per day? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the amount of energy needed to raise the temperature of 1 g of water by 1 degree Celsius.

5. Substances that are needed by the body for growth, repair, and maintenance are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

6. Inorganic nutrients that the body needs are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

7. The American Heart Association recommends a diet with a maximum of \_\_\_\_\_\_\_ percent of Calories from fat, of which only \_\_\_\_\_\_ percent should be from saturated fats.

8. The raw materials that the body needs for growth and repair come from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

9. When a doctor suggests following a diet low in saturated fats, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ oil is a preferred choice to use in cooking.

10. What is the minimum amount of water you should drink every day? \_\_\_\_\_\_\_\_\_\_\_\_ liter(s)

11. Water is lost from the body by each of the following processes; \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

12. Which of the following food groups is NOT found in a sandwich of only bread, ham, and mayonnaise?

a. fats, oils, and sweets

b. milk, yogurt, and cheese

c. meat, poultry, fish, dry beans, eggs, and nuts

d. bread, cereal, rice, and pasta

13. Which of the following food groups contain few valuable vitamins?

a. fats, oils, and sweets c. vegetables

b. milk, yogurt, and cheese d. fruit

14. Calcium, iron, and magnesium are all examples of the group of nutrients called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

15. Food high in carbohydrates includes all of the following EXCEPT:

 a. whole wheat bread c. brown rice

 b. cereal (high fiber) d. yogurt

16. Name two food items high in calcium. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Part B – True or False – Value 10**

*Indicate whether the statement is true or false.*

1. **( TRUE / FALSE)** In a label displaying the “Calorie” content of food, the unit is actually the kilocalorie.
2. **( TRUE / FALSE)** Simple and complex carbohydrates are the main source of energy for the body.
3. **( TRUE / FALSE)** The bulk supplied by fats helps muscles to keep food and wastes moving through the digestive system.
4. **( TRUE / FALSE)** Every cell in the human body needs protein because this is the material in which many of the body’s processes, including chemical reactions, take place.
5. **( TRUE / FALSE)** Following the Food Guide Pyramid, you should have 6–11 servings of the bread, cereal, rice, and pasta group every day.
6. **( TRUE / FALSE)** A total of 8 essential vitamins must be obtained by foods such as meat, fish, and milk but foods derived from plants such as grains and beans, do not.
7. **( TRUE / FALSE)** Vitamins that are water-soluble cannot be stored within the body.
8. **( TRUE / FALSE)** Minerals are inorganic nutrients that, like vitamins, help perform a variety of functions and are needed only in small amounts.
9. **( TRUE / FALSE)** Vitamins and minerals are required by the body in equal amounts.
10. **( TRUE / FALSE)** Santa is real.

**Part C – Short Answer – Value 25**

1. What *can occur* if a person does not take in enough water to replace what is lost? **Value 2**
2. What does the Food Guide Pyramid advises a person to eat more of? Why? **Value 3**
3. Name two functions of fat. **Value 2**
4. Why do more active people need to consume a diet higher in Calories than do people that get little exercise? Explain. **Value 3**
5. List the six nutrients needed by the body. **Value 6**
6. Name three food items high in proteins? **Value 3**
7. How does your eating habits compare to the guidelines illustrated in the Food Guide Pyramid. **Value 2**
8. From the following food label answer the following questions: **Value 4**
9. What is serving size of this product?
10. How much saturated fat is in this product?
11. Next to Vitamin A is a percentage of 1% indicated, what does this percentage indicate to the consumer?
12. When a product indicates it is fat free, is it really fat free? Explain

|  |
| --- |
| Nutrition Facts |
| Serving Size 1 oz (28.35g) |
|  |
| Amount Per Serving |
| Calories 81 Calories from Fat 28 |
|  |
| % Daily Value\* |
| Total Fat 3.1g - 5% |
|  Saturated Fat 0.6g- 3% |
|  Polyunsaturated Fat 1.5g |
| Monounsaturated Fat 0.7g |
| Cholesterol 10.5mg - 3% |
| Sodium 125mg - 5% |
| Potassium 34.9mg - 1% |
| Total Carbohydrate 11.5g - 4% |
| Protein 1.8g - 3% |
|  |
|

|  |  |  |
| --- | --- | --- |
| Vitamin A - 1% | • | Vitamin C - 1% |
|  |
| Calcium - 5% | • | Iron - 4% |

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**Part D – Long Answer – Value 10**

1. Give an example of a *well-balanced homemade meal from home* indicating serving size for each item (a meal you would suggest to make at home). Include drink, full meal, and of course….dessert!

**TOTAL VALUE 65**

**Have a great day! Mrs. Elaine Levesque-Godin**

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