

Question 1

1 / 1 point

A processed food is defined as a food that

- 1) has more than five ingredients.
- 2) requires heating or cooking before it can be eaten.
- 3) has had preservatives added.
- 4) has been specifically treated or changed from its natural state.

Question 2

1 / 1 point

The Acceptable Macronutrient Distribution Range (AMDR) for carbohydrate for a healthy adult is

- 1) 10%–20%.
- 2) 30%–45%.
- 3) 45%–65%.
- 4) 65%–80%.

Question 3

1 / 1 point

What characteristic of the wall of the GI tract enables it to propel food?

- 1) the single layer of tissue
- 2) the long life span of the cells
- 3) the rhythmic contraction of smooth muscles
- 4) the long transit time

Question 4**1 / 1 point**

Which of the following nutrients are absorbed into the lymphatic system before entering the blood?

- 1) fat
- 2) water
- 3) water-soluble vitamins
- 4) glucose

Question 5**1 / 1 point**

The main site of nutrient absorption is the

- 1) liver.
- 2) large intestine.
- 3) stomach.
- 4) small intestine.

Question 6**1 / 1 point**

When the gastroesophageal sphincter contracts, food

- 1) flows from the esophagus into the stomach.
- 2) is prevented from re-entering the esophagus from the stomach.
- 3) leaves the stomach and enters the small intestine.
- 4) is eliminated from the body through the anus.


Question 7**1 / 1 point**

Which statement about the Dietitians of Canada website (www.eatracker.ca) is FALSE?

- 1) Its only feature is comparing one's intake to a 2,000 kcalorie reference diet in an online format.
- 2) It allows for personalization.
- 3) It allows individuals to analyze their diets for energy and nutrient intake.
- 4) It provides exercise and fitness tips.



Question 8**1 / 1 point**

Canada's Food Guide categorizes foods into groups to help Canadians apply the recommendations to their individual diets. These groups are

-  1) Milk and Alternatives, Meat and Alternatives, Grain Products, and Vegetables and Fruit.
- 2) Meat, Milk, Legumes and Nuts, Grains, and Fruits and Vegetables.
- 3) Carbohydrate foods, Protein foods, and Fat foods.
- 4) Grains, Vegetables, Fruits, Milk, and Meat and Legumes.


Question 9**0 / 1 point**

The developers of the current 2007 Canada's Food Guide analyzed menus to determine if the nutrient needs of _____ of the population were being met when following the guide.

-  1) 50%
-  2) 90%
- 3) 98%
- 4) 100%


Question 10**1 / 1 point**

Which statement about health claims on food labels is FALSE?

- 1) Nutrient-content claims are regulated by the Canadian Food Inspection Agency.
- 2) Nutrient-function claims can describe the role of a nutrient and its function in humans.
-  3) Health claims are defined by each manufacturer or processor.
- 4) Health claims are optional on food labels.

Question 11**1 / 1 point**

Heartburn is typically

-  1) caused by acidic stomach contents leaking into the esophagus.
- 2) caused when the stomach bulges through the pyloric sphincter.
- 3) more common in men and those who are underweight.
- 4) All of the above answer choices are correct.

Question 12

1 / 1 point

Food moves through the digestive tract by wavelike contractions called

- 1) quickening.
- 2) the Heimlich maneuver.
- 3) peristalsis.
- 4) segmentation.

Question 13

1 / 1 point

Undernutrition does NOT include

- 1) starvation.
- 2) diets high in saturated fat.
- 3) deficient intake of individual nutrients.
- 4) inability to absorb a particular nutrient.

Question 14

0 / 1 point

What are the top 3 leading nutrition-related causes of death in Canada?

- 1) diabetes, heart disease, stroke
- 2) heart disease, diabetes, cancer
- 3) heart disease, cancer, stroke
- 4) cancer, heart disease, diabetes

Question 15

1 / 1 point

Which of the following digestive organs is covered with finger-like projections called villi?

- 1) esophagus
- 2) stomach
- 3) small intestine
- 4) large intestine

Question 16**0 / 1 point**

Which of the following statements regarding intestinal microflora is FALSE?

- 1) The large intestine is home to 300-500 different species of bacteria.
- 2) Bacteria in the gut break down indigestible dietary substances.
- 3) Intestinal microflora interfere with immune function in the GI tract.
- 4) Intestinal microflora optimize intestinal motility and transit time.

Question 17**0 / 1 point**

All of the following phrases can be included on a yogurt label, as required by Health Canada EXCEPT

- 1) "probiotic that naturally forms part of the gut flora"
- 2) "provides live micro-organisms that naturally form part of the gut flora"
- 3) "probiotic that contributes to healthy gut flora"
- 4) "provides live micro-organisms that will increase healthy gut flora"

Question 18**1 / 1 point**

Which one of the following statements describes a function of nutrients?

- 1) carbohydrates are needed to form and maintain the shape and structure of the body
- 2) protein consumed in the diet that are not needed immediately can be stored as muscle
- 3) all nutrients together are needed to maintain health
- 4) sodium in sweat helps cool the body to regulate body temperature

Question 19**1 / 1 point**

Transit time is determined by the rate at which food

- 1) moves through the digestive tract.
- 2) is broken down into chyme.
- 3) is absorbed into the blood.
- 4) is swallowed.

Question 20**1 / 1 point**

How does malnutrition impact our health?

- 1) energy deficiency can cause poor growth
- 2) it takes a long time for nutrient deficiencies to produce any symptoms
- 3) undernutrition promotes the ability to reproduce
- 4) diets high in fiber increase the risk of heart disease

Question 21**1 / 1 point**

How is the nutritional health of populations monitored?


- 1) compilations of medical records
- 2) monitoring of food wastes
- 3) comparisons of trends in food intake and health
estimation of food intake among healthy individuals
- 4)

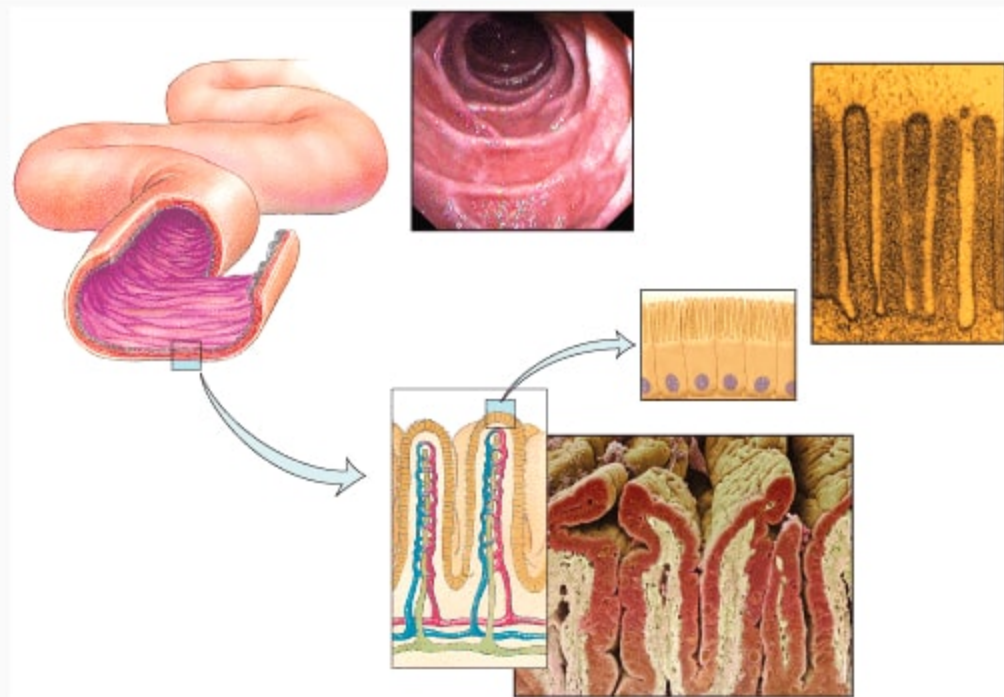
Question 22**1 / 1 point**

The end products of carbohydrate metabolism includes all of the following EXCEPT

- 1) water.
- 2) carbon dioxide.
- 3) energy (ATP).
- 4) urea.

The most common cause of ulcers is

- 1) stress.
- 2) eating fatty foods.
-  3) bacterial infection.
- 4) the pain reliever Tylenol.



How does the structure of the small intestine enhance its function?

- 1) the lymph vessels stimulate fat absorption
- 2) the blood vessels promote contraction
- 3) the short length of the small intestine decreases transit time
- 4) the fingerlike protrusions increase surface area

The principle of moderation in planning healthy diets

- ⇒ 1) includes regulating food intake, particularly foods that are high in solid fats, added sugars, and sodium.
- 2) means choosing nutrient dense foods as often as non-nutrient dense foods.
- 3) is symbolized by the four arcs on the cover of Canada's Food Guide.
- 4) All of the above answer choices are correct.