

1) A nutrition researcher adds 10 mcg of the mineral copper to the daily diet of 40 four-week-old laboratory mice. After six weeks, the scientist takes blood samples from each mouse. According to his findings, the mice developed abnormal red blood cells. Based on this information and your knowledge of scientific research, what would be the best advice to tell him?

1) _____

A) He should contact other nutrition scientists directly and provide them with the details and findings of his study.

B) He should prepare a research article that explains his findings and submit it to a peer-reviewed nutrition journal that publishes information concerning the mineral copper.

C) He should repeat the study, but this time, use a scientific design that includes a larger number of mice and control group.

D) He should contact national news outlets, so he can announce his important findings to the general public.

Question Details

Accessibility : Keyboard Navigation

Section : 2.01a Collecting Science-based Evidence

Learning Objective : 2.01.01 Define all of the key terms in this module.

Topic : Scientific method

Learning Objective : 2.01.02 List the basic steps of the scientific method as it relates to nutrition

Bloom's : 4. Analyze

Gradable : automatic

2) Dylan takes garlic pills to lower his blood cholesterol level, and he recommends the pills to his friends, because he thinks the pills are helpful. Dylan's nutrition-related advice to his friends is an example of a (an) _____.

2) _____

A) anecdote

B) testimonial

C) motive

D) bias

Question Details

Bloom's : 2. Understand

Section : 2.02a Anecdotes and Testimonials

Learning Objective : 2.02.02 Explain the difference between an anecdote and a testimonial.

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Gradable : automatic

3) Which of the following statements is true?

3) _____

A) In a single-blind study, both the researchers and the human subjects don't know their group assignments.

B) Before scientists begin their research, they usually develop a question to guide their study.

C) An experimental study doesn't need to have a control group.

D) In the United States, nutrition scientists often conduct studies on humans before doing animal testing.

Question Details

Accessibility : Keyboard Navigation

Section : 2.01a Collecting Science-based Evidence

Learning Objective : 2.01.01 Define all of the key terms in this module.

Learning Objective : 2.01.03 Discuss ways that scientists conduct nutrition-related research that inv

Topic : Scientific method

Bloom's : 1. Remember

Learning Objective : 2.01.02 List the basic steps of the scientific method as it relates to nutrition

Gradable : automatic

4) A team of scientists at a university's medical school want to design a scientific study to determine lifestyle factors that contribute to the development of chronic high blood pressure (hypertension) in humans. The design of their study is most likely to include _____.

4) _____

- A) submitting an article describing the study and its results to a popular personal health magazine
- B) getting the approval of state and local health departments before beginning the study
- C) identifying a large group of healthy young adults who are willing to participate in a population study that lasts 10 years
- D) preparing a press release so the study's design can be reported on Internet news outlets

Question Details

Bloom's : 2. Understand

Accessibility : Keyboard Navigation

Section : 2.01a Collecting Science-based Evidence

Learning Objective : 2.01.01 Define all of the key terms in this module.

Topic : Scientific method

Learning Objective : 2.01.02 List the basic steps of the scientific method as it relates to nutrition

Gradable : automatic

5) Researchers are conducting a study to determine the effects of vitamin C on the human immune system. The study involves providing pills that contain vitamin C to one group of human subjects and pills that do not contain vitamin C or other active ingredients to another group of people. The pills that do not contain the vitamin are _____.

5) _____

- A) antidotes
- B) placebos
- C) treatments
- D) supplements

Question Details

Bloom's : 2. Understand

Accessibility : Keyboard Navigation

Section : 2.01a Collecting Science-based Evidence

Learning Objective : 2.01.01 Define all of the key terms in this module.

Learning Objective : 2.01.03 Discuss ways that scientists conduct nutrition-related research that inv

Topic : Scientific method

Gradable : automatic

6) A popular fitness magazine has an article about the health benefits of high-fiber diets. Which of the following credentials indicates that the author is likely to be a reliable source of food and nutrition information?

6) _____

- A) RDN
- B) MSRN
- C) DMD
- D) MS

Question Details

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Bloom's : 1. Remember

Section : 2.04a Identifying Nutrition Experts

Learning Objective : 2.04.01 Explain how to identify reliable nutrition experts.

Gradable : automatic

7) *Men's Journal* and *Family Circle* may be unreliable sources of nutrition information, because _____.

7) _____

- A) authors generally pay the editors of popular magazines to publish their nutrition articles
- B) registered dietitians are usually hired to write the articles about nutrition that are published in these journals
- C) the general public and public libraries subscribe to them
- D) articles in such popular magazines generally do not undergo peer-review before they are published

Question Details

Bloom's : 2. Understand

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Learning Objective : 2.01.02 List the basic steps of the scientific method as it relates to nutrition

Section : 2.03a Becoming a More Skeptical Consumer

Learning Objective : 2.03.04 Describe how to identify reliable sources of nutrition information.

Gradable : automatic

8) In the United States, which agency investigates complaints about false or misleading health-related claims that appear in food advertisements?

8) _____

- A) Academy of Nutrition and Dietetics
- B) Federal Trade Commission
- C) Organization for Honesty in Advertising
- D) Environmental Protection Agency

Question Details

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Bloom's : 1. Remember

Section : 2.03c The Internet

Learning Objective : 2.03.04 Describe how to identify reliable sources of nutrition information.

Gradable : automatic

9) Actress Lotta Talent appears in commercials endorsing an herbal product for weight loss. Her endorsement is an example of a (an) _____.

9) _____

- A) placebo effect
- B) peer review
- C) anecdote
- D) testimonial

Question Details

Section : 2.02a Anecdotes and Testimonials

Learning Objective : 2.02.02 Explain the difference between an anecdote and a testimonial.

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Learning Objective : 2.02.01 Define all of the key terms in this module.

Bloom's : 1. Remember

Gradable : automatic

10) A magazine advertisement for a weight loss product includes before and after photos of a woman who supposedly lost 50 pounds in 3 weeks while taking the product. The bottom of the ad includes the statement, "Results are not typical." This statement is an example of a (an) _____.

10) _____

- A) anecdote
- B) placebo
- C) disclaimer
- D) testimonial

Question Details

Bloom's : 2. Understand

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Section : 2.03b Look for "Red Flags" of Misinformation

Learning Objective : 2.03.03 Identify common red flags that are signs of nutrition misinformation.

Gradable : automatic

11) Articles that appear in the *Journal of the American Medical Association* are reliable sources of health information because the editors _____.

11) _____

- A) have other scientists review and react to the content of articles before publishing them
- B) are trained to recognize and reject articles that include questionable findings
- C) know the authors have already published articles in other scientific or medical journals
- D) only publish articles written by scientists whose research is funded by various health-related associations

Question Details

Bloom's : 2. Understand

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Section : 2.01a Collecting Science-based Evidence

Learning Objective : 2.01.01 Define all of the key terms in this module.

Topic : Scientific method

Learning Objective : 2.01.02 List the basic steps of the scientific method as it relates to nutrition

Section : 2.01b Confusion and Conflict

Gradable : automatic

12) Nutrition studies that investigate the same question often provide conflicting results because most medical researchers don't know how to properly design the studies.

12) _____

- true
- false

Question Details

Bloom's : 2. Understand

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Topic : Scientific method

Section : 2.01b Confusion and Conflict

Learning Objective : 2.01.04 Explain why results of similar studies can provide different findings.

Activity Type : New

Gradable : automatic

13) A scientist conducts a study to determine the effects of the mineral cadmium on the weight of mice. She adds 5 mcg of the mineral to the daily diet of 100 4-week-old laboratory mice. Every week, the researcher records the weight of each mouse. At the end of the study, the scientist notes that 3 mice died, 40 mice lost weight, 40 mice gained weight, and the remaining 17 mice didn't gain or lose weight during the 12-week period. Based on this information, the scientist's findings _____.

13) _____

- A) should be ignored because her study was poorly designed
- B) are interesting because they indicate, beyond a reasonable doubt, that cadmium is quite poisonous to mice
- C) provide clear scientific support for taking cadmium to lose weight safely
- D) cannot be applied to humans because she used rodents (mice) instead of humans in her study

Question Details

Accessibility : Keyboard Navigation

Section : 2.01a Collecting Science-based Evidence

Topic : Scientific method

Learning Objective : 2.01.02 List the basic steps of the scientific method as it relates to nutrition

Bloom's : 4. Analyze

Gradable : automatic

14) Which of the following statements is true?

14) _____

A) Scientists have peer reviewers analyze the designs of their human research studies, because the peer-review process reduces research bias.

B) Scientists are unlikely to obtain money to conduct research if they don't consider the opinions and beliefs of the people in agencies who fund such projects.

C) Scientists typically use different methods to conduct research, which explains why studies involving humans often have conflicting results.

D) Scientists developed dietary recommendations for the United States population after analyzing results of a single American study, the Framingham Heart Study.

Question Details

Bloom's : 2. Understand

Accessibility : Keyboard Navigation

Topic : Scientific method

Section : 2.01b Confusion and Conflict

Learning Objective : 2.01.04 Explain why results of similar studies can provide different findings.

Gradable : automatic

15) Which of the following statements is true?

15) _____

A) Promoters of nutrition misinformation often take advantage of the general public's mistrust of scientists.

B) In general, commercial (*.com) Internet websites are reliable sources of scientifically based nutrition information.

C) Testimonials for weight loss supplements are usually based on scientific evidence.

D) The First Amendment to the United States Constitution guarantees the right of consumers to be protected from health misinformation.

Question Details

Bloom's : 2. Understand

Section : 2.02a Anecdotes and Testimonials

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Section : 2.03a Becoming a More Skeptical Consumer

Section : 2.03c The Internet

Learning Objective : 2.03.03 Identify common red flags that are signs of nutrition misinformation.

Learning Objective : 2.03.04 Describe how to identify reliable sources of nutrition information.

Section : 2.02c Why Is There So Much Nutrition Misinformation?

Learning Objective : 2.02.03 Explain why there is so much nutrition misinformation.

Section : 2.02b A Matter of Mistrust

Gradable : automatic

16) Which of the following websites is most likely a source of biased and unreliable nutrition information?

16) _____

- A) psu.edu
- B) eatright.org
- C) bestdietsever.com
- D) fda.gov

Question Details

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Bloom's : 3. Apply

Section : 2.03c The Internet

Learning Objective : 2.03.04 Describe how to identify reliable sources of nutrition information.

Gradable : automatic

17) You want to conduct a scientific study to investigate whether dietary factors play a major role in the development of excess body fat among school children. Which of the following activities is likely to be the first step of your research efforts?

17) _____

- A) Conducting the study on young laboratory mice and then analyzing the results to determine whether the study's design poses any serious health risks to human children
- B) Making observations of food selections and eating behaviors of school children who have excess body fat as well as school children who have healthy amounts of body fat
- C) Visiting local school districts to enlist the teachers' help in identifying children who would be interested in serving as subjects of your study
- D) Submitting the design of the study to a peer-reviewed journal that's aimed at children's physicians so the editorial staff can provide suggestions for improving the design

Question Details

Accessibility : Keyboard Navigation

Bloom's : 3. Apply

Section : 2.01a Collecting Science-based Evidence

Topic : Scientific method

Learning Objective : 2.01.02 List the basic steps of the scientific method as it relates to nutrition

Gradable : automatic

18) Researchers are conducting a study to determine the effects of the mineral zinc on the human body. The study involves providing pills that contain zinc to one group of human subjects and pills that do not contain zinc or other active ingredients to another group of people. The pills that do not contain zinc are _____.

18) _____

- A) placebos
- B) supplements
- C) probiotics
- D) antidotes

Question Details

Accessibility : Keyboard Navigation

Section : 2.01a Collecting Science-based Evidence

Learning Objective : 2.01.01 Define all of the key terms in this module.

Learning Objective : 2.01.03 Discuss ways that scientists conduct nutrition-related research that inv

Topic : Scientific method

Bloom's : 1. Remember

Gradable : automatic

19) Which of the following statements is true?

19) _____

A) You can ask your personal physician for nutrition advice, but be aware that most physicians don't have the same nutrition and dietetics training as registered dietitian nutritionists.

B) Registered dietitian nutritionists aren't required to maintain their certification regularly.

C) In the United States, only registered dietitian nutritionists can provide nutrition information legally.

D) The Second Amendment of the United States Constitution often protects people who spread nutrition misinformation.

Question Details

Bloom's : 2. Understand

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Section : 2.02c Why Is There So Much Nutrition Misinformation?

Learning Objective : 2.04.01 Explain how to identify reliable nutrition experts.

Gradable : automatic

20) Researchers are conducting a study to determine the effects of vitamin D on the human body. The study involves providing pills that contain vitamin D to one group of human subjects and pills that do not contain the vitamin or other active ingredients to another group of people. The pills that do not contain vitamin D are _____.

20) _____

A) antidotes

B) placebos

C) interventions

D) distractors

Question Details

Accessibility : Keyboard Navigation

Section : 2.01a Collecting Science-based Evidence

Learning Objective : 2.01.01 Define all of the key terms in this module.

Learning Objective : 2.01.03 Discuss ways that scientists conduct nutrition-related research that inv

Topic : Scientific method

Bloom's : 1. Remember

Gradable : automatic

21) Derek consumes a protein-rich drink before and after his workouts. He told his workout partner that he became 200% stronger within a couple of months after he added the drink to his diet. His report about the positive effects of the special drink is an example of a (an) _____.

21) _____

- A) scientific conclusion
- B) testimonial
- C) anecdote
- D) peer review

Question Details

Bloom's : 2. Understand

Section : 2.02a Anecdotes and Testimonials

Learning Objective : 2.02.02 Explain the difference between an anecdote and a testimonial.

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Learning Objective : 2.02.01 Define all of the key terms in this module.

Gradable : automatic

22) Which of the following statements is true?

22) _____

A) The Internet is generally a reliable source of nutrition information, because information provided at websites has to be peer-reviewed before it can be posted.

B) In general, personal websites, such as blogs, are biased and/or unreliable sources of nutrition information.

C) Nutrition and food-related websites with .com in their addresses are likely to provide reliable nutrition information.

D) United States laws require promoters of nutrition-related products to publish information in magazine articles and books that's honest or not misleading.

Question Details

Bloom's : 2. Understand

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Section : 2.03c The Internet

Learning Objective : 2.03.04 Describe how to identify reliable sources of nutrition information.

Section : 2.02c Why Is There So Much Nutrition Misinformation?

Learning Objective : 2.02.03 Explain why there is so much nutrition misinformation.

Gradable : automatic

23) The government agency that enforces consumer protection laws by investigating false or misleading health-related claims is the _____.

23) _____

A) Federal Trade Commission (FTC)

B) Agricultural Research Service (ARS)

C) Centers for Disease Control and Prevention (CDC)

D) Environmental Protection Agency (EPA)

Question Details

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Bloom's : 1. Remember

Section : 2.03c The Internet

Learning Objective : 2.03.01 Define all of the key terms in this module.

Learning Objective : 2.03.04 Describe how to identify reliable sources of nutrition information.

Gradable : automatic

24) Phil is a participant in a study designed to examine the effects of taking a new protein-containing product on muscle tissue development. Phil suspects he's in the experimental group, because he's certain his muscles are bigger and stronger as a result of taking the product supplied by the researchers. When the study is completed, Phil learns that he didn't receive the new source of protein. Phil thinks the researchers made a mistake—he's certain his muscle mass increased while he consumed the product. According to this information, Phil's belief that his physical condition improved while he participated in the study is an example of _____.

24) _____

- A) participant fatigue
- B) human subject bias
- C) the placebo effect
- D) an anecdotal report

Question Details

Accessibility : Keyboard Navigation

Bloom's : 3. Apply

Section : 2.01a Collecting Science-based Evidence

Learning Objective : 2.01.01 Define all of the key terms in this module.

Learning Objective : 2.01.03 Discuss ways that scientists conduct nutrition-related research that inv

Topic : Scientific method

Gradable : automatic

25) A popular women's magazine has an article about planning a nutritious diet. Which of the following credentials indicate the author is likely to be a reliable source of food and nutrition information?

25) _____

- A) RDN
- B) HES
- C) DNS
- D) PhD

Question Details

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Bloom's : 1. Remember

Section : 2.04a Identifying Nutrition Experts

Learning Objective : 2.04.01 Explain how to identify reliable nutrition experts.

Gradable : automatic

26) A scientist would like to collect information concerning the health of a large group of older adults. To obtain this information, the scientist conducts a _____.

26) _____

- A) controlled human experiment
- B) medical history survey
- C) single-blind study
- D) double-blind study

Question Details

Accessibility : Keyboard Navigation

Section : 2.01a Collecting Science-based Evidence

Learning Objective : 2.01.03 Discuss ways that scientists conduct nutrition-related research that inv

Topic : Scientific method

Bloom's : 1. Remember

Gradable : automatic

27) A person claims his newly invented device treats cancer without surgery, medication, or other forms of conventional medical therapy. However, people who have used the device report that it wasn't helpful, and it may have harmed them. According to this information, the inventor's claims and his device are _____.

27) _____

- A) placebos
- B) anecdotal evidence
- C) testimonials
- D) quackery

Question Details

Bloom's : 2. Understand

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Section : 2.03a Becoming a More Skeptical Consumer

Learning Objective : 2.03.01 Define all of the key terms in this module.

Gradable : automatic

28) A researcher observes that first-grade children who only eat foods sweetened with honey seem to behave the same as first-grade children who eat foods sweetened with cane sugar. After making the observation, the researcher decides to conduct a study to explore whether eating honey has any effect on school-age children's behavior. The researcher wants to follow the basic steps of the scientific method. Now that he's made the observation, he develops a question to answer: "Does honey have the same behavioral effects on children as sugar affects children's behavior?" His next step will be to _____.

28) _____

- A) develop a question that's based on his observations of the children's behavior and their intakes of sweeteners such as honey
- B) test the question by designing a study using young laboratory animals
- C) ask a group of peer reviewers for their help in designing a single-blind study involving the dietary practices of children
- D) form at least two basic conclusions about behavioral problems that affect children who eat sweeteners such as honey

Question Details

Bloom's : 2. Understand

Accessibility : Keyboard Navigation

Section : 2.01a Collecting Science-based Evidence

Learning Objective : 2.01.01 Define all of the key terms in this module.

Learning Objective : 2.01.03 Discuss ways that scientists conduct nutrition-related research that inv

Topic : Scientific method

Learning Objective : 2.01.02 List the basic steps of the scientific method as it relates to nutrition

Gradable : automatic

29) Zack takes 500 mg of vitamin C daily. He advises his friends to take the vitamin C pills, because he claims the vitamin protects him from cold viruses. His information about the usefulness of the vitamin is a (an) _____.

29) _____

- A) bias
- B) anecdote
- C) disclaimer
- D) motive

Question Details

Bloom's : 2. Understand

Section : 2.02a Anecdotes and Testimonials

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Learning Objective : 2.02.01 Define all of the key terms in this module.

Gradable : automatic

30) Mariele purchased a box of cereal that had the following claim on the label: "Eat one bowl of this cereal a day for a month, and your skin will be healthier." Mariele is skeptical about the honesty of the claim. She should report her concern about the claim to the _____.

30) _____

- A) Academy of Nutrition and Dietetics
- B) Better Business Bureau
- C) Food and Drug Administration
- D) Environmental Protection Agency

Question Details

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Learning Objective : 2.02.01 Define all of the key terms in this module.

Bloom's : 3. Apply

Learning Objective : 2.03.04 Describe how to identify reliable sources of nutrition information.

Section : 2.02c Why Is There So Much Nutrition Misinformation?

Gradable : automatic

31) Which of the following websites is most likely a source of biased and unreliable nutrition information?

31) _____

- A) www.iastate.edu
- B) www.shedthatunwantedfatfast.com
- C) www.cdc.gov
- D) www.mayoclinic.org

Question Details

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Bloom's : 3. Apply

Section : 2.03c The Internet

Learning Objective : 2.03.04 Describe how to identify reliable sources of nutrition information.

Gradable : automatic

32) You recently watched an infomercial at an Internet website in which an actor promoted a new weight loss product. The actor stated that you'll lose weight almost instantly by consuming the product, because it contains a secret herbal formula that's both safe and effective. The promoter also said that you can continue to eat all of your usual foods and still lose weight, while taking the herbal formula. You're concerned that people might waste their money on this product. Which agency should you contact to file a complaint about the website?

32) _____

- A) Department of Human Resources
- B) National Organization Against Health Fraud
- C) Consumer Protection Alliance
- D) Federal Trade Commission

Question Details

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Bloom's : 3. Apply

Section : 2.03b Look for "Red Flags" of Misinformation

Section : 2.03c The Internet

Learning Objective : 2.03.03 Identify common red flags that are signs of nutrition misinformation.

Learning Objective : 2.03.04 Describe how to identify reliable sources of nutrition information.

Gradable : automatic

33) Which of the following statements is true?

33) _____

- A) A disclaimer on a product's label provides proof that the product is likely to live up to the manufacturer's claims.
- B) A person who uses a drink that contains vinegar as a cure for patients with lung cancer is practicing quackery.
- C) According to scientific research, anecdotes that describe how nutrients benefit health are reliable sources of information.
- D) In the United States, people can include "RDN" after their name, even if they aren't qualified to use the credential.

Question Details

Bloom's : 2. Understand

Section : 2.02a Anecdotes and Testimonials

Learning Objective : 2.02.02 Explain the difference between an anecdote and a testimonial.

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Section : 2.03a Becoming a More Skeptical Consumer

Section : 2.03b Look for "Red Flags" of Misinformation

Learning Objective : 2.03.01 Define all of the key terms in this module.

Section : 2.04a Identifying Nutrition Experts

Learning Objective : 2.04.01 Explain how to identify reliable nutrition experts.

Gradable : automatic

34) The professional football star Andro "The Man" McGraw appears in television commercials in which he endorses "AminoProFix" for building muscle mass quickly and safely. His support of the product is an example of a (an) _____.

34) _____

- A) placebo effect
- B) paid testimonial
- C) industrial bias
- D) peer review

Question Details

Section : 2.02a Anecdotes and Testimonials

Learning Objective : 2.02.02 Explain the difference between an anecdote and a testimonial.

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Bloom's : 1. Remember

Gradable : automatic

35) A 30-minute television infomercial for a "diet drink" made from a tropical berry includes before and after photos of a young woman. In the "before" photo, the woman is unhappy and has too much body fat, but she looks thrilled and very curvy in the "after" photo. The narrator claims the woman lost 25 pounds of "fat" while drinking the beverage daily for 2 months. At the bottom of the woman's after photo, you notice a statement in small print that's difficult to read. When you pause the television, you can read the statement. According to the statement, "Results aren't typical." This statement is an example of a _____.

35) _____

- A) placebo
- B) bias
- C) disclaimer
- D) warning

Question Details

Bloom's : 2. Understand

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Section : 2.03b Look for "Red Flags" of Misinformation

Learning Objective : 2.03.03 Identify common red flags that are signs of nutrition misinformation.

Learning Objective : 2.03.02 Describe how you can become a more careful and critical consumer of nutr

Gradable : automatic

36) When conducting nutrition-related experiments on human subjects, _____.

36) _____

- A) nutrition scientists shouldn't be aware of testimonial group members
- B) researchers need to have a control group
- C) scientists need to include some degree of bias in their study's design
- D) medical investigators shouldn't give any placebos to their control group members

Question Details

Accessibility : Keyboard Navigation

Section : 2.01a Collecting Science-based Evidence

Learning Objective : 2.01.01 Define all of the key terms in this module.

Learning Objective : 2.01.03 Discuss ways that scientists conduct nutrition-related research that inv

Topic : Scientific method

Bloom's : 1. Remember

Gradable : automatic

37) You would like to become a more careful consumer of nutrition-related information. Which of the following statements is a reasonable step that you can take to become a more careful consumer? (Check all that apply.)

37) _____

A) I will believe everything that I read, see, or hear about nutrition, because there's a lot of trustworthy, reliable information available.

B) I will consider the sources of the nutrition information and check with reliable experts before accepting it as fact.

C) I will ask a registered dietitian nutritionist what he or she thinks of the nutrition information before I believe it.

D) I won't believe the nutrition information that appears in articles or on the Internet, because it's always unreliable.

Question Details

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Bloom's : 3. Apply

Section : 2.03a Becoming a More Skeptical Consumer

Learning Objective : 2.03.03 Identify common red flags that are signs of nutrition misinformation.

Learning Objective : 2.03.02 Describe how you can become a more careful and critical consumer of nutr

Section : 2.02c Why Is There So Much Nutrition Misinformation?

Gradable : automatic

38) A medical researcher asked 50 people with painful, arthritic knees to rub a cream that contained vitamin E on their knees for two weeks. At the end of the two weeks, she asked the subjects whether their knee pain improved, stayed about the same, or worsened during the treatment period. All 50 subjects reported improvement in their knee pain. Based on this information, which of the following statements is true?

38) _____

- A) The researcher should repeat the same study at least twice to confirm her findings.
- B) The researcher's results aren't based on a well-designed, double-blind scientific study.
- C) The researcher shouldn't report her findings until after she conducts a single-blind study to test the vitamin E-containing cream.
- D) The results of this study prove, beyond a doubt, that rubbing a cream that contains vitamin E on arthritic knees is an excellent way to relieve knee pain.

Question Details

Accessibility : Keyboard Navigation

Section : 2.01a Collecting Science-based Evidence

Learning Objective : 2.01.01 Define all of the key terms in this module.

Learning Objective : 2.01.03 Discuss ways that scientists conduct nutrition-related research that inv

Topic : Scientific method

Learning Objective : 2.01.02 List the basic steps of the scientific method as it relates to nutrition

Bloom's : 4. Analyze

Gradable : automatic

39) Mitch recently tried a hair-restoring product that he purchased from an Internet website. The package's label displayed the following claim: "Rubbing a tablespoon of 'NutraTerraMino' on your scalp each day will cure the hair loss associated with the aging process." After a month of using "NutraTerraMino" daily, he stopped because the product made his hair fall out. Based on this information, Mitch should file a complaint with the _____.

39) _____

- A) Department of Public Safety
- B) Federal Trade Commission
- C) Environmental Protection Agency
- D) Bureau of Health Fraud

Question Details

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Bloom's : 3. Apply

Section : 2.03c The Internet

Learning Objective : 2.03.03 Identify common red flags that are signs of nutrition misinformation.

Learning Objective : 2.03.01 Define all of the key terms in this module.

Learning Objective : 2.03.04 Describe how to identify reliable sources of nutrition information.

Gradable : automatic

40) During a television interview, Dr. Ima Quack provides the following statement. "Most Americans suffer from nutritional deficiency diseases and will develop cancer within the next 10 years because they're not taking my megavitamin formula therapy." Dr. Quack's statement is an example of a (an) _____.

40) _____

- A) scientific observation
- B) anecdotal evidence
- C) biased report
- D) scare tactic

Question Details

Bloom's : 2. Understand

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Section : 2.03b Look for "Red Flags" of Misinformation

Learning Objective : 2.03.03 Identify common red flags that are signs of nutrition misinformation.

Gradable : automatic

41) Which of the following statements is true?

41) _____

A) A person who has a Ph.D. and calls himself or herself a "nutritionist" probably has the same educational training as a registered dietitian nutritionist.

B) In general, registered dietitian nutritionists are reliable sources of nutrition information.

C) In general, people who are *certified wholistic nutritionalists* have the same credentials as registered dietitian nutritionists.

D) Quackery is the practice of dietetics without proper training and credentials.

Question Details

Bloom's : 2. Understand

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Section : 2.04a Identifying Nutrition Experts

Learning Objective : 2.04.01 Explain how to identify reliable nutrition experts.

Gradable : automatic

42) Which of the following websites is most likely a source of unreliable food or nutrition information?

42) _____

A) www.fda.gov/foodlabels

B) www.eatright.org/informationforprofessionals

C) www.amysnutritionorganization.com/curing_cancer

D) www.heart.org/en/health-topics/cholesterol/about-cholesterol

Question Details

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Bloom's : 3. Apply

Section : 2.03c The Internet

Learning Objective : 2.03.04 Describe how to identify reliable sources of nutrition information.

Gradable : automatic

43) Which of the following statements is untrustworthy or misleading because it contains a "red flag" of unreliable nutrition-related information?

43) _____

A) People should be skeptical of the information provided online or in advertisements to avoid being cheated out of their money.

B) People who have questions about their health should ask qualified health professionals who have the proper training and licensing.

C) People should take dietary supplements that contain iron because the pills have been scientifically proven to prevent heart attacks.

D) People who have complaints about false or misleading health claims should report them to the Federal Trade Commission.

Question Details

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Bloom's : 4. Analyze

Section : 2.03a Becoming a More Skeptical Consumer

Section : 2.03b Look for "Red Flags" of Misinformation

Section : 2.03c The Internet

Learning Objective : 2.03.03 Identify common red flags that are signs of nutrition misinformation.

Gradable : automatic

44) An ad for a weight-loss product contains several dishonest and misleading statements. Which of the following statements is a "red flag" statement that's in the ad?

44) _____

A) This product should not be taken during pregnancy, because it can harm your baby.

B) This product can damage your liver when combined with other drugs, so do not take it with alcohol and/or medications.

C) This product may raise your blood pressure and increase your risk of a heart attack, so don't take more than the recommended dose.

D) This product is guaranteed to raise your metabolism by 400%, which is why it causes you to lose weight safely and rapidly.

Question Details

Bloom's : 2. Understand

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Section : 2.03b Look for "Red Flags" of Misinformation

Learning Objective : 2.03.03 Identify common red flags that are signs of nutrition misinformation.

Learning Objective : 2.03.02 Describe how you can become a more careful and critical consumer of nutr

Gradable : automatic

45) Emily has brittle fingernails that crack and split easily. Emily's mother advises her daughter to take gelatin pills 3 times/day, because she's heard the practice strengthens fingernails. The mother's nutrition-related advice about the benefit of taking gelatin pills is an example of a (an) _____.

45) _____

- A) testimonial
- B) anecdote
- C) biased report
- D) scientific conclusion

Question Details

Bloom's : 2. Understand

Section : 2.02a Anecdotes and Testimonials

Learning Objective : 2.02.02 Explain the difference between an anecdote and a testimonial.

Topic : Evaluating nutrition information

Accessibility : Keyboard Navigation

Gradable : automatic

Answer Key

Test name: Schiff3e_TB_Unit 02

- 1) C
- 2) A
- 3) B
- 4) C
- 5) B
- 6) A
- 7) D
- 8) B
- 9) D
- 10) C
- 11) A
- 12) FALSE
- 13) A
- 14) C
- 15) A
- 16) C
- 17) B
- 18) A
- 19) A
- 20) B
- 21) C
- 22) B
- 23) A
- 24) C
- 25) A
- 26) B

- 27) D
- 28) B
- 29) B
- 30) C
- 31) B
- 32) D
- 33) B
- 34) B
- 35) C
- 36) B
- 37) [B, C]
- 38) B
- 39) B
- 40) D
- 41) B
- 42) C
- 43) C
- 44) D
- 45) B