

# Peckenpaugh: Nutrition Essentials and Diet Therapy, 11<sup>th</sup> Edition

## Chapter 2: Carbohydrates, Proteins, and Fats: The Energy Macronutrients of Balanced Meals

### Test Bank

#### MULTIPLE CHOICE

1. The macronutrients of food
  - a. Are not essential for life
  - b. Include carbohydrate, protein, and fat
  - c. Provide 9 kcal/g
  - d. Provide 4 kcal/g

ANS: B

2. The foundation of the diet should include
  - a. Plant-based foods
  - b. Starch
  - c. Fiber
  - d. All of the above

ANS: D

3. Carbohydrates
  - a. Are formed by all green plants through photosynthesis
  - b. Are composed of carbon, hydrogen, and nitrogen
  - c. Should be avoided for good health
  - d. All of the above

ANS: A

4. The term *biologic value* describes
  - a. How much protein the body needs daily
  - b. The only way vegetarians can receive adequate protein
  - c. How much of the essential amino acids that a food contains
  - d. None of the above

ANS: C

5. Essential amino acids
  - a. Can be synthesized by the human body
  - b. Can be found in varying amounts and combinations in the foods we eat
  - c. Are not necessary for the formation of enzymes
  - d. Do not contain carbon

ANS: B

6. Protein
- Is essential for life
  - Is always required in increased amounts during long convalescence
  - Has an allowance that is less per kilogram of body weight during childhood
  - In excess leads to an increased need for vitamins and minerals

ANS: A

7. Fats
- Contain 4 kcal/g
  - Are soluble in water
  - Contain vitamins C and B<sub>1</sub>
  - Are also known as *lipids*

ANS: D

8. Cholesterol is
- Found in nuts
  - Not produced by the body
  - A fat-like substance
  - Not found in fish and chicken

ANS: C

9. Saturated fats
- Are mainly of plant origin
  - Are liquid at cold temperatures
  - Have more hydrogen than either monounsaturated or polyunsaturated fats
  - Have 4 kcal/g

ANS: C

10. Sugar
- Should be totally avoided in meals
  - Is a form of carbohydrate
  - In excess is the main cause of diabetes
  - Substitutes are unsafe in moderate amounts

ANS: B

11. A healthy meal pattern includes
- At least six servings of grain, of which half should be whole grain
  - No snacks
  - 50 g of carbohydrate daily
  - No fats

ANS: A

12. Dietary fiber
- Promotes dental caries
  - Is generally not digestible
  - Raises blood sugar levels
  - In the soluble form raises cholesterol levels

ANS: B

13. Triglycerides consist of
- A base of glycerol and three fatty acids
  - Water and two units of glycol
  - Two fatty acids and one molecule of oxygen
  - Carbohydrate and two glycerol units

ANS: A

### **MATCHING**

*Match the term with the appropriate description.*

- Fats
  - Cholesterol
  - Protein
  - Essential fatty acids
  - Carbohydrate
  - Essential amino acid
- As sugar, produces quick energy
  - Essential for tissue building
  - Must be supplied in the diet
  - Spare burning of protein for energy
  - Lysine
  - Converted to vitamin D<sub>3</sub> by the action of ultraviolet light on the skin

- ANS: E
- ANS: C
- ANS: D
- ANS: A
- ANS: F
- ANS: B

*Match the term with the appropriate description.*

- Macronutrients
- Insoluble fiber
- Soluble fiber
- Kwashiorkor
- Marasmus

7. Gums and pectins
8. Condition in which an individual lacks adequate protein
9. Condition in which an individual lacks protein and kilocalories
10. Roughage
11. Carbohydrate, protein, and fat

7. ANS: C
8. ANS: D
9. ANS: E
10. ANS: B
11. ANS: A