

Name \_\_\_\_\_ Unit # \_\_\_\_\_ Period \_\_\_\_\_  
Score \_\_\_\_\_  
159 points possible

### **Dietary Guidelines, Food Pyramid and Nutrients Test**

#### **1. List the ten dietary guidelines recommended for Americans. (10)**

- a. Aim for a healthy weight
- b. Be physically active each day
- c. Let the Pyramid guide your food choices
- d. Choose a variety of grains, daily, especially whole grains
- e. Choose a variety of fruits and vegetables daily
- f. Keep food safe to eat
- g. Choose a diet that is low in saturated fat and cholesterol
- h. Choose beverages and foods to moderate your intake of sugars
- i. Choose and prepare foods with less salt
- j. If you drink alcoholic beverages, do so in moderation

#### **Multiple Choice (20)**

2. **D** It is recommended that you get \_\_\_\_\_ percent or more of your daily intake of calories from carbohydrates.  
A. 25    B. 30    C. 40    D. 55
3. **C** Water-soluble vitamins, which are needed on a daily basis, include \_\_\_\_\_.  
A. vitamins A, C, and D                      C. the B vitamins and vitamin C  
B. vitamins A, D, E, and K                  D. vitamins C and D
4. **B** Too much \_\_\_\_\_ in food choices has been linked to high blood pressure.  
A. sugar    C. fat  
B. sodium     D. protein
5. **A** The principle of eating in moderation means that you should \_\_\_\_\_.  
A. eat moderately sized servings of many different foods  
B. eat a moderate number of different food  
C. eat a moderate number of meals each day  
D. eat grain products, vegetables, and fruits in moderation
6. **D** Why is the Bread, Cereal, Rice, and Pasta Group shown at the bottom of the Pyramid diagram?  
A. The foods in this group should be eaten sparingly.  
B. Foods in this group can replace those in other groups.  
C. Breads and cereals are the most plentiful foods in the food supply.  
D. You need more servings from this group than any of the others.
7. **C** Which food group provides beta carotene, vitamin C, complex carbohydrates, fiber, and minerals such as iron and magnesium?  
A. Milk, Yogurt, and Cheese Group  
B. Bread, Cereal, Rice, and Pasta Group  
C. Vegetable Group  
D. Meat, Poultry, Fish, Dry Beans, Egg, and Nut group
8. **D** Cholesterol is manufactured in the . . .  
A. blood    B. pancreas    C. gall bladder    D. liver
9. **D** All of the following are high in fat EXCEPT. . .  
A. whole milk    B. eggs    C. nuts and seeds    D. pasta
10. **B** How many ounces of cooked lean meat, poultry, or fish equals one serving from the Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group?  
A. 1 to 2    B. 2 to 3    C. 4 to 5    D. 6 to 8
11. **B** What is the recommended daily intake of dietary fiber?

- A. 10 to 20 grams                      C. 35 to 45 grams  
 B. 20 to 35 grams                      D. 45 to 50 grams
12.   D   The nutrient that helps build and repair the body is . . .  
 A. fats    B. minerals    C. carbohydrates    D. proteins
13.   B   The body's main source of energy is . . .  
 A. proteins    B. carbohydrates    C. fats    D. vitamins
14.   B   Nutrients that become part of the body tissue but are needed in only small amounts to help the body work properly are. . .  
 A. fats    B. minerals              C. vitamins    D. proteins
15.   C   It is recommended to have \_\_\_\_\_ glasses of water a day.  
 A. 4 - 8 oz.    B. 6 - 8 oz.    C. 8 - 8 oz.    D. 10 - 8 oz.
16.   C   For the average person, the ideal balance of daily calorie sources is:  
 A. 12 to 15 % of calories from fat, 50 % or less from carbohydrates, 35 % or more from protein  
 B. 20 % or less of calories from fat, 75 % or more from carbohydrates, 3 to 5 % from protein  
 C. 30 % or less of calories from fat, 55 - 60 % from carbohydrates, 10 to 15 % from protein  
 D. 35 % or less of calories from fat, 40 to 45 % from carbohydrates, 20 to 25 % from protein
17.   B   A correct serving size from the bread, cereal, rice, and pasta group would be:  
 A. 2 slices of bread                      C. 1 bagel  
 B. 1/2 cup cooked cereal                D. 1 cup pasta
18.   C   A correct serving size from the vegetable group would be:  
 A. 1 cup V-8 juice                      C. 1/2 cup cooked broccoli  
 B. 1 cup raw carrots                      D. 1 /2 cup romaine lettuce
19.   D   A correct serving size from the fruit group would be:  
 A. 2 small apples                      C. 3/4 cup fruit cocktail  
 B. 1 cup orange juice                      D. 1 medium orange
20.   A   A correct serving size from the milk, yogurt and cheese group would be:  
 A. 1/2 pint milk                      C. 1/2 cup yogurt  
 B. 3 oz. Kraft singles cheese            D. 2 cups ice cream
21.   B   A correct serving size from the meat, poultry, fish, dry beans, eggs and nuts group would be:  
 A. 6 oz. T-bone steak                      C. 3 eggs  
 B. 2 tbs. peanut butter                      D. 1 cup cooked pinto beans

**Calculate the percent of calories from fat for the following foods: (6)**

22. Pizza (calories 340, Fat 6 grams)                             **15 – 16% fat**                       
 23. French Fries (calories 358, Fat 16 grams)                             **40% fat**                       
 24. Nachos (calories 559, Fat 36 grams)                             **57 – 58% fat**

**Matching: Match the health problem, from the lack of or excess of the nutrient associated with it. (13)**

25.   C   Vitamin C                                      A. Beriberi

- |                             |                    |
|-----------------------------|--------------------|
| 26. <u>  L  </u> Iron       | B. Kwashiorkor     |
| 27. <u>  A  </u> Thiamin    | C. Scurvy          |
| 28. <u>  I  </u> Niacin     | D. Heart disease   |
| 29. <u>  F  </u> Vitamin D  | E. Teeth Caries    |
| 30. <u>  H  </u> Riboflavin | F. Rickets         |
| 31. <u>  J  </u> Iodine     | G. Osteoporosis    |
| 32. <u>  K  </u> Fiber      | H. Cheilosis       |
| 33. <u>  M  </u> Vitamin A  | I. Pellagra        |
| 34. <u>  B  </u> Protein    | J. Goiter          |
| 35. <u>  E  </u> Fluorine   | K. Diverticulosis  |
| 36. <u>  G  </u> Calcium    | L. Anemia          |
| 37. <u>  D  </u> Fats       | M. Night blindness |

**Matching: Match the function with the nutrient. (12)**

- |                                |   |
|--------------------------------|---|
| 38. <u>  E  </u> Carbohydrates | A. Helps carry oxygen in the blood.                                 |
| 39. <u>  C  </u> Calcium       | B. Helps maintain fluid balance in the body.                        |
| 40. <u>  A  </u> Iron          | C. Maintains bone strength.   |
| 41. <u>  H  </u> Proteins      | D. Enhances hair, skin, and vision.                                 |
| 42. <u>  B  </u> Potassium     | E. Provide energy.  |
| 43. <u>  J  </u> Vitamin E     | F. Helps form collagen, aids in healing, resists infection.         |
| 44. <u>  K  </u> Fat           | G. Maintain healthy bones and teeth, manufactured in body.          |
| 45. <u>  L  </u> Vitamin K     | H. Builds and repairs body tissues.                                 |
| 46. <u>  G  </u> Vitamin D     | I. Healthy nervous system, releases energy                          |
| 47. <u>  I  </u> Thiamin       | J. An antioxidant.  |
| 48. <u>  D  </u> Vitamin A     | K. Carrier for Vitamins A, D, E, and K; energy for body, insulates. |
| 49. <u>  F  </u> Vitamin C     | L. Helps blood to clot.   |

**Matching: Match the foods that best describe the best sources of the nutrient. (16)**

- |  |  |
|--|--|
| 50. <u>  H  </u> saturated fats        | A. bananas, oranges, dry beans, fish                   |
| 51. <u>  J  </u> water                 | B. grains, fruits, vegetables, legumes, nuts and seeds |
| 52. <u>  G  </u> complex carbohydrates | C. canned fish, dairy products, broccoli               |
| 53. <u>  L  </u> monounsaturated fats  | D. corn oil, soybeans, and safflower oil               |
| 54. <u>  O  </u> complete proteins     | E. cantaloupe, oranges, kiwi, tomatoes, limes          |
| 55. <u>  P  </u> incomplete proteins   | F. dark green and yellow-orange fruits and vegetables  |
| 56. <u>  M  </u> simple carbohydrates  | G. potatoes, corn, bread, rice                         |
| 57. <u>  C  </u> calcium               | H. meat, whole milk, butter, shortening, lard          |
| 58. <u>  K  </u> iron                  | I. salt and saltwater fish                             |
| 59. <u>  F  </u> vitamin A             | J. beverages, soup, fruits, vegetables                 |
| 60. <u>  E  </u> vitamin C             | K. liver, egg yolks, dried fruits                      |
| 61. <u>  I  </u> iodine                | L. olive oil, avocados, peanuts, canola oil            |
| 62. <u>  N  </u> vitamin D             | M. sugar, candy, jelly                                 |
| 63. <u>  B  </u> dietary fiber         | N. fortified milk, egg yolks                           |
| 64. <u>  A  </u> potassium             | O. meat, poultry, fish, dairy products                 |
| 65. <u>  D  </u> polyunsaturated fats  | P. dry beans, seeds, peanuts                           |

**Fill-in-the-blanks: (51)**

66. Vitamin D is also known as the   sunshine   vitamin. (1)
67. The fat soluble vitamins are   A  ,   D  ,   E  , and   K  . (4)
68. The B and C vitamins are the   water     soluble   vitamins

and need to be eaten every day. (2)

69. The three parts of the grain kernel are bran, germ, and endosperm. (3)

70. Saturated fats raise the HDL and LDL levels of cholesterol in the blood. Monounsaturated fats lower the LDL and raise the HDL levels of cholesterol in the blood. Polyunsaturated fats lowers both the LDL and HDL cholesterol levels in the blood.(6)

71. You get 9 calories per gram from fats, 4 calories per gram from proteins, and 4 calories per gram from carbohydrates. (3)

72. A complete protein must contain 9 of the essential 22 amino acids. (1)

73. The test for doneness in cooking pasta is al dente meaning "firm to the tooth". (1)

74. Water and fiber are needed in the body together for digestion and regularity . (2)

75. Cereals are the common name for grains. (1)

76. Both rice and pasta expand as they cook, rice triples and pasta doubles. (Explain how much it expands for each) (2)

77. An example of a pasta product is macaroni, etc. (1)

78. The seven principle grains are rye, rice, wheat, oats, corn, barley, and buckwheat. (7)

79. Three reasons people eat are boredom, hungry, and celebration. (3) (answers will vary)

80. The seven major nutrients are fats, vitamins, minerals, protein, carbohydrates, water, and fiber. (7)

81. Be aware of the invisible fat found in foods like avocados, whole milk, egg yolks, cheese and salad dressing. (2)

82. Rice cooks by steam and must cook at a low temperature with the lid on the saucepan during the 20 minutes of cooking. (3)

83. Pasta cooks in a large saucepan filled 2/3's full of water heated to a boil. Gradually add pasta. Cook until tender in the simmering boil. Drain. (2)

**Identification: Identify the parts of the grain kernel.(3)**

73. bran

74. endosperm

75. germ



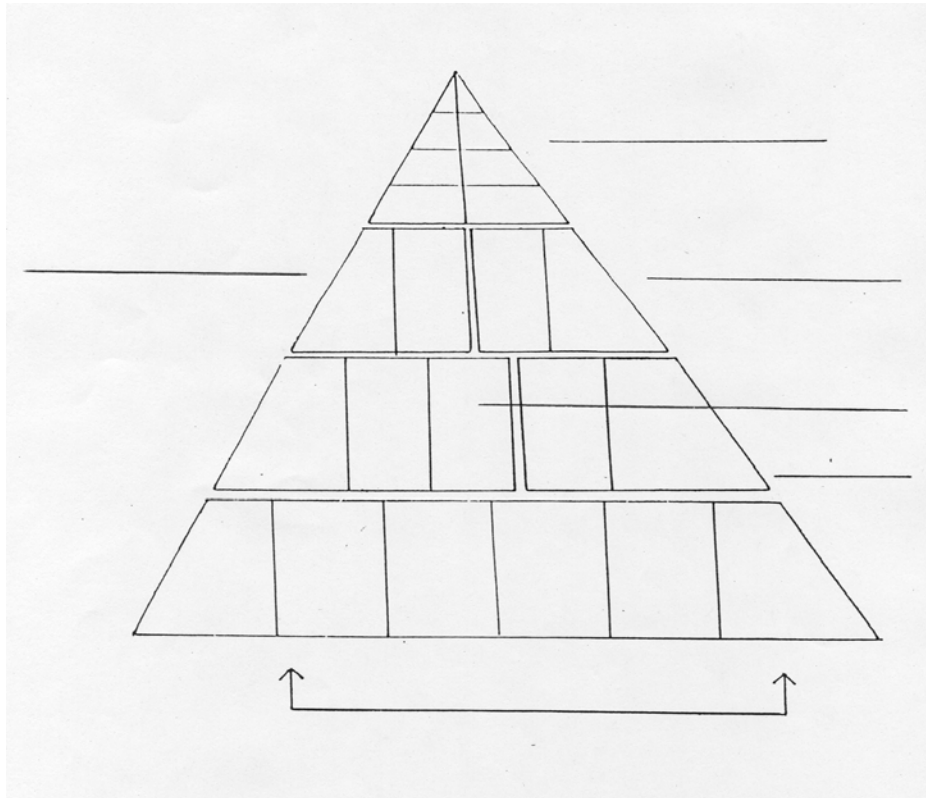
**Miscellaneous (16)**

76. Yes or No I was present the day of the test.  
8 points if yes, 0 points if no

77. Yes or No I was on time and not tardy the day of the test.  
6 points if yes, 0 points if no

78. Yes or No I brought my own writing utensil to class to take this test.  
2 points if yes, 0 points if no

79. **Identification: Complete the food pyramid chart by filling in the names for each food group and give the number of servings needed daily. (12)**



(Answers for Chart above)

**fats, oils & sweets**  
**use sparingly**

**milk, yogurt & cheese**  
**2 – 3 servings**

**meat, poultry, fish, beans, eggs**  
**2 – 3 servings**

**vegetable**  
**3 – 5 servings**

**fruit**  
**2 – 4 servings**

**bread, cereal, rice & pasta**  
**6 – 11 servings**