

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.
- b.
- c.
- d.
- e.
- f.
- g.
- h.
- i.
- j.

**Multiple Choice (20)**

2. \_\_\_\_\_ 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. \_\_\_\_\_ 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. \_\_\_\_\_ Too much \_\_\_\_\_ in food choices has been linked to high blood pressure.  
A. sugar    C. fat  
B. sodium    D. protein
5. \_\_\_\_\_ 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. \_\_\_\_\_ 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. \_\_\_\_\_ 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. \_\_\_\_\_ Cholesterol is manufactured in the . . .  
A. blood    B. pancreas    C. gall bladder    D. liver
9. \_\_\_\_\_ All of the following are high in fat EXCEPT. . .  
A. whole milk              B. eggs              C. nuts and seeds              D. pasta

10. \_\_\_\_\_ 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. \_\_\_\_\_ 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. \_\_\_\_\_ The nutrient that helps build and repair the body is. . .  
A. fats    B. minerals    C. carbohydrates    D. proteins
13. \_\_\_\_\_ The body's main source of energy is . . .  
A. proteins    B. carbohydrates    C. fats    D. vitamins
14. \_\_\_\_\_ 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. \_\_\_\_\_ 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. \_\_\_\_\_ 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. \_\_\_\_\_ 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. \_\_\_\_\_ 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. \_\_\_\_\_ 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 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. \_\_\_\_\_ 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) \_\_\_\_\_

23. French Fries (calories 358, Fat 16 grams) \_\_\_\_\_

24. Nachos (calories 559, Fat 36 grams) \_\_\_\_\_

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

- |                      |                    |
|----------------------|--------------------|
| 25. _____ Vitamin C  | A. Beriberi        |
| 26. _____ Iron       | B. Kwashiorkor     |
| 27. _____ Thiamin    | C. Scurvy          |
| 28. _____ Niacin     | D. Heart disease   |
| 29. _____ Vitamin D  | E. Teeth Caries    |
| 30. _____ Riboflavin | F. Rickets         |
| 31. _____ Iodine     | G. Osteoporosis    |
| 32. _____ Fiber      | H. Cheilosis       |
| 33. _____ Vitamin A  | I. Pellagra        |
| 34. _____ Protein    | J. Goiter          |
| 35. _____ Fluorine   | K. Diverticulosis  |
| 36. _____ Calcium    | L. Anemia          |
| 37. _____ Fats       | M. Night blindness |

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

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

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

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

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

66. Vitamin D is also known as the \_\_\_\_\_ vitamin. (1)
67. The fat soluble vitamins are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. (4)
68. The B and C vitamins are the \_\_\_\_\_ vitamins

and need to be eaten every day. (2)

69. The three parts of the grain kernel are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. (3)

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

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

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

73. The test for doneness in cooking pasta is \_\_\_\_\_ meaning “firm to the tooth”. (1)

74. \_\_\_\_\_ and \_\_\_\_\_ are needed in the body together for digestion and regularity . (2)

75. \_\_\_\_\_ are the common name for grains. (1)

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

77. An example of a pasta product is \_\_\_\_\_. (1)

78. The seven principle grains are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. (7)

79. Three reasons people eat are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. (3)

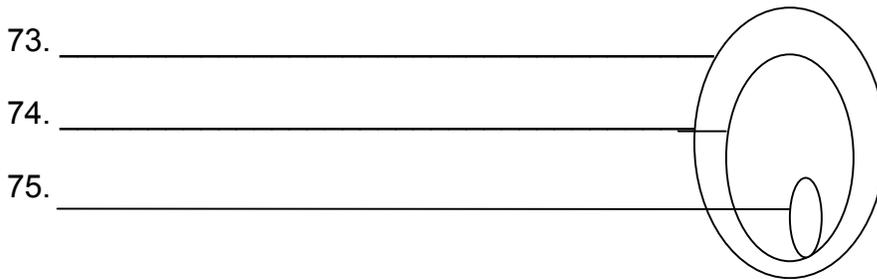
80. The seven major nutrients are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. (7)

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

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

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

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



**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.**

