

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?

- | | |
|-----------------------------|--------------------|
| 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



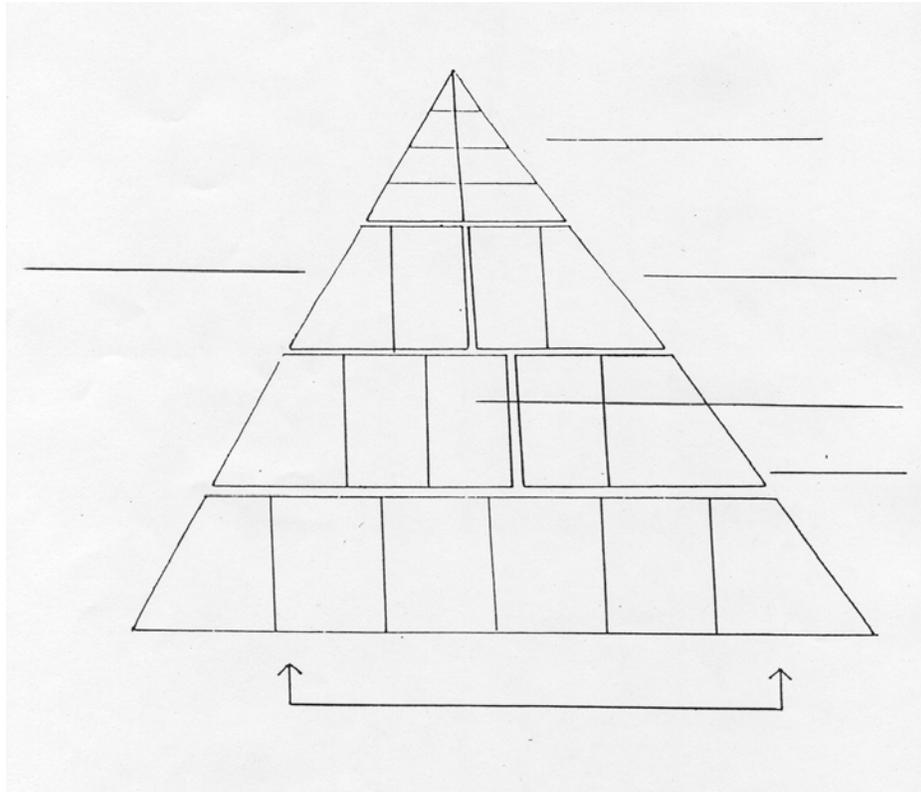
Miscellaneous (16)

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