

## Pre-test Answers for "You Are What You Eat"

1. Some vitamins must be added to your diet because\_\_\_\_\_.

- A. they make the food safer for you to eat
- B. vitamins from plants are better for you
- C. the body cannot make them on its own (Objective 1)**
- D. the digestive system turns the vitamins on so that they work better
- E. we need them to help digest the food in which they are contained

2. The ability of an organism to change itself to adjust for changes in the outside world is termed \_\_\_\_\_.

- A. dynamic balance
- B. homeostasis (Objective 1)**
- C. immunostasis
- D. positive feedback
- E. thermoregulation

3. Which vitamin can be formed in your body from sunlight?

- A. vitamin A
- B. vitamin B<sub>1</sub>
- C. vitamin C
- D. vitamin D (Objective 1)**
- E. vitamin E

4. A good source of vitamin C is \_\_\_\_\_.

- A. beef
- B. dairy products
- C. fruit (Objective 1)**
- D. nuts
- E. sunlight

5. Mrs. Jones is pregnant. A routine ultrasonic examination reveals the forming baby may have spina bifida (a problem with the spinal cord). If the baby indeed has this problem, which of the following was Mrs. Jones lacking from her diet?

- A. biotin
- B. folate (Objective 2)**
- C. selenium
- D. chromium
- E. iron

6. Goiter is often associated with \_\_\_\_\_.

- A. chloride deficiency
- B. fluoride deficiency
- C. iron overdose

- D. magnesium overdose
- E. iodine deficiency (Objective 2)**

**7. Abnormal growth and development can be associated with \_\_\_\_\_.**

- A. carbohydrate deficiency
- B. protein deficiency (Objective 2)**
- C. increased fat consumption
- D. increased protein consumption
- E. increased carbohydrate consumption

**8. Which of the following have high amount of protein?**

- A. oranges
- B. bananas
- C. pecans (Objective 2)**
- D. tomatoes
- E. none of these are high in protein

### **Post-test Answers for "You Are What You Eat"**

**1. An organism's ability to adjust to changes in the outside world is \_\_\_\_\_.**

- A. constant
- B. increasing with age
- C. limited (Objective 1)**
- D. not well understood
- E. unlimited

**2. Which of the following is NOT a vitamin?**

- A. biotin
- B. pantothenic acid
- C. selenium (Objective 1)**
- D. vitamin E
- E. vitamin K

**3. A good source of iodine is \_\_\_\_\_.**

- A. drinking water
- B. beef
- C. seafood (Objective 1)**
- D. chicken
- E. whole grains

**4. Nuts are a good source of \_\_\_\_\_.**

- A. biotin (Objective 1)**
- B. riboflavin
- C. vitamin A

- D. vitamin C
- E. vitamin K

**5. Deficiencies in vitamins B<sub>6</sub>, B<sub>12</sub>, and copper and iron can all lead to \_\_\_\_\_.**

**A. anemia (Objective 2)**

- B. beri beri
- C. low blood protein
- D. goiter
- E. diabetes

**6. Increased tooth decay is often associated with \_\_\_\_\_.**

A. chloride deficiency

**B. fluoride deficiency (Objective 2)**

- C. iron overdose
- D. magnesium overdose
- E. iodine deficiency

**7. Which of the following statements concerning dietary fats is TRUE?**

A. fat is not a required nutrient

B. fats are the basic building blocks for the body

**C. fat contains twice as much energy as carbohydrates (Objective 2)**

D. fats need to be broken down into glucose before they can be used

E. fats are found in animal products, but not in plant products

**8. Which of the following cells in your body cannot be replaced?**

A. blood cells

B. kidney cells

C. liver cells

**D. nerve cells (Objective 2)**

E. skin cells