

Nandw final exm



Final Exam Questions Order No. 235644 No. of pages: 2 Premium 6530

Multiple Choice: Qs Concerning yourself with what you can do to positively impact your immediate and global surroundings is what type of wellness?

Social wellness.

Qs. 2: This government initiative, containing 28 focus areas, was designed to help individuals improve quality of life and eliminate health disparities.

Healthy People 2010

Qs. 3: The " My Pyramid" food guide was developed using what basis of information?

The Dietary Guidelines for Healthy Americans, 2005. (The U. S Dept. of Agriculture) USDA.

Qs. 4: If a product has 200 calories per serving and 100 calories from fat, then the percent of calories from fat would reveal that this product is: 50% calories from fat and potentially an unhealthy choice.

Qs. 5: Identify the government wellness program that provides assistance to mothers with children up to the age of five.

Women, Infants, and Children

Qs. 6: Vitamins and minerals are examples of - macro-nutrients.

Qs. 7: Describe in some detail two safe practices that you can use to prevent the spread and growth of food-borne pathogens in your home.

1. Keeping the temperature of the refrigerator at 4 degrees celsius or less to prevent the growth of harmful bacteria.
2. It s important to sanitize kitchen sponges and dish- cloths on a regular basis.

True/ False - 8 and 9

The definition of absorption is the conversion of food, in the mouth, stomach

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and intestines, into soluble and diffusible material. - False.

Metabolism can be defined as the process by which living tissues or cells take up and convert the nutritive material into energy. True.

Qs. 10: Multiple Choice:

Complex carbohydrates are also known as - starches.

Fat contains __9__ calories per gram.

There are __12__ essential amino acids needed to create a complete protein.

The body loses approximately __2__ quarts of water daily through the skin, lungs, urine, and feces.

Fat-soluble vitamins are used in the body very quickly while water-soluble vitamin can be stored. False.

Qs. 15: Calcium, magnesium, potassium, and sodium are all electrolytes - True

Question 16: How many ounces of fluids should a person try to drink each day and why?

Between 50 - 70 ounces depending on the person's BMI. We should drink plenty of water so that digestion and blood circulation would be easy and for a person not to become dehydrated.

Qs. 17: Multiple Choice: True/False

Which of the following is TRUE regarding Body Mass Index (BMI)?

It uses height, weight, and waist measurements in its calculations.

Qs. 18: Women athletes who lower their body fat ratio below 20-22%

Can have increased level of bone fractures.

Qs. 19: Which of the following is a statement that supports Size Acceptance?

" People come in all sizes and shapes."

Qs. 20: Genetics is involved in which of the following weight related areas of

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the body?

It causes us to want to exercise more.

Qs. 21: What is the term for the narrow range of usual levels of weight which the human body defends to maintain?

BMI point

Qs. 22: Overweight or obese people can react to their feelings of inferiority by

All of the above

Qs. 23: Media ads try to appeal to such human psychological needs as Finding a " quick fix" to our problems.

Qs. 24: Which of the following factors can be present in an Eating Disorder?

Depression

Qs. 25: Chronic Dieting Syndrome has an effect on all EXCEPT Emotional wellness.

Qs. 26: Which Eating Disorder does NOT have the purging or excessive exercise behaviors?

Binge eating.

Qs. 27: The modern day problem in affluent societies of poor diet and reduced activity has caused a greater dependence upon - vitamin, mineral, and antioxidant supplements.

Qs. 28: Besides duration of activities, sports training programs include a careful balance of all but one of the following aspects: mode.

Qs. 29: Approximately 60% of total body weight is water. Being adequately hydrated helps an athlete: All of the above

Qs. 30: The main source of rapidly available energy to an athlete is carbohydrates stored in the body in the form of glycogen.

Qs. 31: Alarm, resistance, and exhaustion are all considered part of the bodys autonomic nerve autonomic nerve response.

Qs. 32: Give an example of a sport that uses mostly the aerobic energy pathway. Discuss why this pathway is the one the body uses for the sport. Make sure to identify the typical percent of maximum heart rate, type of "fuel" the body cells are burning, and describe the intensity of the sport.

The sport of running uses the aerobic energy pathway. It is called the Adenosine Triphosphate (ATP) where a complex substance that is produced from energy released by food is kept stored inside cells and is released when the complex substance is broken down. The intensity of this sport requires a lot of energy.

Qs. 33: True/ False -

Strengthening exercises such as light weightlifting and rowing may be helpful to prevent chronic illness - True.

The term " natural" means that the product is free from synthetic ingredients, like high fructose corn syrup, or preservatives - True

Childrens immune systems are very active and exclude them from being a high risk to food-borne illness - True

Excessive and prolonged use of stimulants can increase heart rate, but will not have any influence over insulin resistance or blood pressure - False

Qs. 37: Multiple choice:

A pregnant mother should have at least 400ug of folic acid daily.

All of the above is an important nutrient for pregnant mothers.

Breast milk contains two important components called growth factors and immune factors that are not contained in formula - True - DHA and Omega 3 Fatty Acids.

Taking a prenatal vitamin is very important for a breastfeeding mother -
True.

Qs. 41: Multiple choice:

A child of 4-6 years of age requires about 2000 calories.

Whole fruits are good sources of vitamins, minerals, and Calcium.

Anemia is a condition of low red blood cell production often related to low iron intake.

Question 44 Essay

Describe the difference between eating sugar in the form of whole fruits that contains fiber, minerals, and vitamins, and sugar that is eaten without those co-factors - Eating sugar in the form of fruits is less harmful as it also contains dietary fiber that is easy to digest. Eating sugar in its crystalline form is highly addictive and also causes tooth decay and may lead to diabetes.