LEGEND
For statements that do not have Answer Choices, Mark A if TRUE or B if FALSE.

Chapter 13  Food Safety and Technology

1. Which of the following pathogens can cause foodborne illnesses?
   A) viruses
   B) bacteria
   C) parasites
   D) All of the answers are correct.

2. Which of the following statements is/are a reason that older adults are at greater risk of contracting foodborne illnesses? [Mark all that apply.]
   A) They eat a greater variety of foods.
   B) Their immune systems have undergone age-related deterioration.
   C) Their stomachs produce less gastric juice.
   D) None of the answers are correct.

3. Foodborne illnesses typically result primarily in ________ signs and symptoms.
   A) neurological
   B) gastrointestinal
   C) muscular
   D) peripheral

4. Which of the following diseases is caused by a prion?
   A) bovine spongiform encephalopathy
   B) listeriosis
   C) botulism
   D) hepatitis A

5. Individuals can be exposed to bovine spongiform encephalopathy (BSE) by eating
   A) uncooked spinach and lettuce.
   B) sushi.
   C) raw or undercooked beef.
   D) raw eggs.

6. What happens to most microbes in the freezer?
   A) They are destroyed.
   B) They grow just as quickly as at room temperature.
   C) They grow, but more slowly than at room temperature.
   D) They become dormant and unable to multiply but do not die.

7. The agency responsible for ensuring safe and accurately labeled meat, poultry, and eggs is the
   A) USDA Food Safety and Inspection Service.
   B) Food and Drug Administration.
   C) Environmental Protection Agency.
   D) Animal and Plant Health Inspection Service.
8. Which of the following pathogens is a parasite contracted by ingesting contaminated water?
A) *Giardia duodenalis*
B) hepatitis A
C) *Salmonella enteritidis*
D) *E. coli*

9. Food safety consists of guidelines and procedures that help keep foods free from contaminants.

10. Bacterial spores can be easily destroyed by applying low heat for a long time.

11. Open dating is typically found on perishable items such as meat, poultry, eggs, and dairy products.

12. Cross-contamination can occur when raw poultry and fresh lettuce are cut on the same cutting board.

13. Infections with *Listeria monocytogenes* are of special concern to pregnant women because this

14. Even the rice that has come into contact with sushi or sashimi can make you sick if you don't keep it refrigerated.

15. Meat marinades can be safely used as serving sauces if they have first been boiled for several minutes.

**Chapter 14  Life Cycle Nutrition: Pregnancy through Infancy**

16. Which of the following nutrients does not need to be added to an infant's diet?
A) vitamin C
B) vitamin B₁₂
C) vitamin D
D) iron

17. Adequate intake of which of the following nutrients has been shown to reduce the risk of neural tube defects?
A) folic acid
B) mercury
C) vitamin D
D) vitamin C
18. A cup (8 ounces) of which of the following beverages has the highest caffeine content?
A) chocolate milk
B) brewed tea
C) drip-brewed coffee
D) a soft drink

19. Which of the following statements about folic acid is TRUE [Mark all that apply]
A) Folic acid can prevent neural tube defects.
B) Women who wish to conceive should consume 400 micrograms of folic acid from dietary supplements, fortified foods, or both.
C) Folic acid helps prevent morning sickness.
D) Folic acid plays a role in producing new cells.

20. How much alcohol is considered safe for a pregnant woman to consume per day?
A) none
B) 4 oz
C) 6 oz
D) 8 oz

21. An organ of common tissue between a mother and a growing embryo is called the
A) umbilical cord.
B) amniotic sac.
C) uterus.
D) placenta.

22. Pregnant women who are vegans are at risk for a deficiency of which of the following nutrients?
A) zinc
B) iron
C) vitamin B\textsubscript{12}
D) All of the answers are correct.

23. Which of the following foods should not be given to infants because of the possibility of botulism?
A) skim milk
B) strawberries
C) honey
D) tuna

24. Reactions to a food allergy can include
A) vomiting.
B) diarrhea.
C) hives.
D) All of the answers are correct.

25. A healthy lifestyle of parents-to-be before conception is essential to the health of the fetus.

26. During pregnancy, a woman's immune system is weakened.
Chapter 15  Life Cycle Nutrition: Toddlers through the Later Years

27. The requirement for vitamin D increases with age because
   A) the skin's ability to make it from sunlight decreases.
   B) the intestines lose their ability to absorb it.
   C) the kidneys lose their ability to convert it to the active form.
   D) All of the answers are correct.

28. Older adults might need a B12 supplement because
   A) they are at higher risk of osteoporosis.
   B) their stomach produces less hydrochloric acid.
   C) they drink more fluids and excrete more dilute urine.
   D) they don't eat dairy products as often as they should.

29. Which of the following chemicals in foods have an anti-inflammatory effect that may help reduce the symptoms of rheumatoid arthritis?
   A) triglycerides in peanut oil
   B) phytochemicals in cooked vegetables
   C) omega-3 fatty acids in seafood
   D) carotene in carrots

30. Which of the following statements concerning Alzheimer's disease is/are True? [Mark all that apply]
   A) A nutritious diet and regular physical activity may reduce the risk of developing the condition.
   B) Eliminating alcoholic beverages may reduce the risk of developing the condition.
   C) Maintaining the level of social engagement may reduce the risk of developing the condition.
   D) Engaging in certain types of mentally stimulating activities may reduce the risk of developing the condition.

31. Which of the following statements regarding the frequency of meals for toddlers and preschoolers is correct?
   A) They should eat three "square" meals daily.
   B) They should eat small portions provided in meals and snacks throughout the day.
   C) They should eat breakfast and dinner only.
   D) They should eat only protein-rich snacks throughout the day.

32. Moderately active toddlers aged 2 to 3 need approximately _________ calories per day.
   A) 400 to 600
   B) 500 to 800
   C) 1,000 to 1,400
   D) 2,000

33. Filling up with which of the following foods can result in iron deficiency?
   A) breakfast cereal
   B) milk
   C) chicken
   D) lean meats

34. Which of the following statements about feeding children is/are True [Mark all that apply]?
A) While eating solid food, toddlers and other young children should be closely supervised.
B) Children should be encouraged to eat three substantial meals each day.
C) Foods presented to children should be nutrient dense.
D) Children should sit down while eating.

35. Because screen time contributes to decreased physical activity and increased obsession, in children as well as HS and College Students and most severely in parents, it should be limited to watching TV, movies, playing video and computer games as well as social media for no more than _________ hour(s) a day.
A) 0-1
B) 1-2
C) 2-3
D) 3-4

36. The National School Lunch Program is designed to meet nutrition standards based on the latest
A) version of the American Academy of Pediatrics guidelines.
C) version of the ChooseMyPlate.gov.
D) edition of Dietary Guidelines for Americans.

37. Which of the following statements about nutrition in older adults (as compared to younger people) is true?
A) They need more calories.
B) They need fewer calories.
C) Their calorie needs remain the same.
D) They need fewer nutrients.

38. Mr. Riddell believes, after teaching Community College students for this most recent past 12 years, that Adolescence is the stage of the life cycle that occurs between ages Puberty to late 20’s. But the authorities believe it ends in the late teens.

39. Soda and sports beverages are sources of empty calories and for the most part should be avoided by toddlers, children, teens and even most adults.

40. It is important to feed toddlers small, frequent, and nutrient-rich meals.

41. Obesity has tripled in adolescents over the past three decades.

42. Inadequate intakes of calcium and vitamin D during adolescence can increase the risk of fractures in later life.

Chapter 16   Hunger at Home and Abroad

43. In developed countries such as the United States, the typical cause of food insecurity is
A) poverty.
B) a natural disaster.
C) racial conflict.
D) overpopulation.

44. A situation in which there is a report of reduced quality, variety, or desirability in the diet with little
or no indication of a reduction in food intake is an example of
A) high food security.
B) marginal food security.
C) low food security.
D) very low food security.

45. To be classified as living in poverty in the United States, a family of four must have an income that is at or below about
A) $14,000.
B) $24,000.
C) $34,000.
D) $29,000.

46. A paradoxical effect of the combination of low income and undernourishment is
A) obesity.
B) blindness.
C) physical disability.
D) Alzheimer’s disease.

47. Food fortification can help alleviate dietary deficiencies of
A) fiber.
B) starch.
C) micronutrients.
D) water.

48. The United States, Canada, and Australia are classified as
A) developed countries.
B) developing countries.
C) least developed countries.
D) None of the answers is correct.

49. Which of the following situations results in the greatest degree of food insecurity in the US as well as the rest of the world?
A) a household with children headed by a single woman
B) a household located in the suburbs
C) a household with more than one working adult
D) a household located near the center of the city

50. Which of the following terms describes a severe shortage of food that often results from war, armed conflict, and civil unrest?
A) poverty
B) sanction
C) undernutrition
D) famine

51. Which of the following terms is the lack of means to provide for material or comfort needs?
A) food insecurity
B) poverty
C) working poor
D) disability
52. Which of the following terms is defined as people who are steadily employed but still experience poverty?
A) working poor  
B) poverty  
C) food insecurity  
D) disability

53. In general, buying nutritious food at a grocery store costs less and has greater food value than buying fast food at a drive-through restaurant.

54. Vitamin and mineral deficiencies are common among malnourished individuals.

55. Infants breast-fed by undernourished mothers are particularly susceptible to undernutrition.

56. Undernourished children often perform poorly in school.

57. Long-term undernutrition can adversely affect reproductive health.

58. Providing food is more important than providing safe water in reducing hunger.

59. A severe shortage of food caused by crop destruction is called a famine.

60. Drought is one of the most common causes of severe food shortages in developing and least developed countries.