

Name: _____ Date: _____

RUTLEDGE JR LAB OFF-SITE LEARNING PACKET DAY 3

Use your MED book Chapter 34 to answer the questions below.

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- _____ 1. Which of the following is the most important recommendation when you encourage patients to read and evaluate food labels?
- Cholesterol, at least 300 milligrams (mg) per day
 - Calories from fat, not more than 30 percent of total calories
 - Total sodium, less than 50 mg per day
 - Low fiber foods
- _____ 2. Which of the following best describes a stage of life when there is a decreased need for calories because of general decline in physical activity?
- Pregnancy
 - Infancy
 - Adolescence
 - Elderly
- _____ 3. Which of the following best describes a stage of life in which individuals experience the greatest levels of growth and the need for total nutrients is greater at this stage?
- Pregnancy
 - Infancy
 - Adolescence
 - Elderly
- _____ 4. Which of the following statement is most correct concerning weight control?
- There is an ideal weight for the entire population.
 - There is an ideal weight for each individual.
 - Charts give ranges that vary more than 50 pounds.
 - Individuals will gain weight if they use more calories than they ingest.
- _____ 5. Which of the following statements is false regarding digestion?
- Digestion is the process of breaking down food, either physically or chemically.
 - The entire process of digestion takes place in the stomach.
 - Mechanical digestion begins in the mouth.
 - The large intestine absorbs water and some other nutrients and collects food residue for excretion.
- _____ 6. Which of the following is the most rapidly absorbed form of carbohydrate?
- Fiber
 - Glycogen
 - Polysaccharide
 - Monosaccharide
- _____ 7. Which of the following is true regarding vitamins?
- Vitamins are needed in large quantities.
 - Vitamins A, B, D, and E are fat soluble.
 - Vitamins B and C are water soluble.
 - Water-soluble vitamins are stored in fatty tissues.
 - Vitamins are simple molecules.
- _____ 8. Which of the following is NOT considered a classification of nutrients?
- Water
 - Preservatives
 - Vitamins
 - Proteins

c. Fats

- ___ 9. Which of the following are minerals that become ionized and carry a positive or negative charge?
- a. Catalysts
 - b. Coenzymes
 - c. Water soluble
 - d. Electrolytes
- ___ 10. In cancer patients receiving treatment, increased nutrients are needed for repair and replacement of the lost cells. Which nutrient level in particular needs to be increased?
- a. Carbohydrates
 - b. Fibers
 - c. Proteins
 - d. Lipids
 - e. Minerals
- ___ 11. Which of the following is NOT a fat-soluble vitamin?
- a. A
 - b. B
 - c. K
 - d. D
 - e. E
- ___ 12. Which of the following is the leading cause of death in the United States?
- a. Cancer
 - b. Diabetes complications
 - c. Cardiovascular disease
 - d. Respiratory disease
- ___ 13. Which of the following is the most appropriate patient education basic starting points for weight loss?
- a. Sleep needs, low-salt foods, moderate exercise
 - b. Low-salt foods, no fat, and moderate exercise
 - c. Low calorie, low-salt food, and moderate exercise
 - d. Low calorie, moderate exercise, and sleep needs

Use the following scenario for the following questions.

One month ago the provider told Mrs. Martin that she has non-insulin-dependent diabetes. She has been getting used to the idea and has made some basic lifestyle changes such as increasing her exercise, lowering her fat intake, and staying away from candy. Today you are going to begin educating her about a diabetic diet.

- ___ 14. Which of the following is the approximate percentage of the population you tell her has some form of diabetes mellitus?
- a. 2
 - b. 5
 - c. 7
 - d. 10
- ___ 15. Which of the following do you tell Mrs. Martin to avoid in her dietary treatment of diabetes?
- a. Vitamins
 - b. Minerals
 - c. Simple sugars
 - d. Amino acids
 - e. Polysaccharides
- ___ 16. Which of the following diet modifications do you tell Mrs. Martin will help control the effects of diabetes mellitus?
- a. Controlling sodium intake
 - b. Decreasing total carbohydrates
 - c. Avoiding large fluctuations in blood glucose levels
 - d. Avoiding between-meal snacks
- ___ 17. Which best describes the protein requirement during pregnancy?
- a. Nearly doubles
 - b. Intake needs to be cut in half
 - c. Stays the same
 - d. Should be avoided

