**Nutrition and Wellness Final Exam Review**

* Vitamins and Minerals Water and Phytochemicals
* Cakes and Cookies Vegetables
* Fruits

V **Chapter 8: Vitamins and Minerals**

* Match the following statements with the correct term.
* Trace minerals osteoporosis water-soluble vitamins Toxicity antioxidants major minerals
* Electrolyte minerals fat-soluble vitamins osteomalacia
* Free radicals hypertension iron-deficiency anemia

1. \_\_ Toxicity \_\_\_\_\_\_\_\_\_\_\_\_\_\_ excessive amount of substance that reacts as poison in the body.

2. \_\_\_ Hypertension \_\_\_\_\_\_\_\_\_\_\_ high-blood pressure linked to high salt intake.

3.\_\_\_ Free radicals \_\_\_\_\_\_\_\_\_\_\_\_\_ harmful by-product excreted when cells burn oxygen to produce energy.

* 4. \_\_ Antioxidants \_\_\_\_\_\_\_\_\_\_\_ substances that protect body cells and the immune system from damage by harmful chemicals in air and foods.

5. \_\_\_ Electrolyte minerals \_\_\_\_\_\_ sodium, chloride, and potassium, which control and balance fluid flow in and out of cells.

* 6. \_\_ Osteoporosis \_\_\_\_\_\_\_\_\_\_\_\_ condition caused by calcium deficiency; bones become porous, weak, fragile.
*
* 7. \_\_ Iron-deficiency anemia \_\_\_\_\_ lack of iron in the body, resulting in fatigue, weakness, and shortness of breath.
* 8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ minerals needed only in small amounts but serving y 8. \_\_\_ Trace minerals \_\_\_\_\_\_\_\_\_\_\_\_\_ minerals needed only in small amounts but serving vital body functions.
* 9. \_\_ Major minerals \_\_\_\_\_\_\_\_\_\_\_\_ macrominerals with special duties in the body: calcium, phosphorus, magnesium, sodium, chloride, and potassium.

10.\_\_ Water-soluble vitamins \_\_\_\_\_\_\_ vitamins dissolve in water and pass easily into the bloodstream during digestion.

Select the best answer.

* \_\_\_\_\_\_\_\_\_ 11. The vitamin that prevent birth defects that damage the brain and spinal cord is:
 Vitamin B12
* Vitamin C
* **Folate**
* Biotin

\_\_\_\_\_\_\_\_ 12. Two ways to get vitamin D are:

* By eating citrus fruits and green vegetables.
	+ By drinking orange juice and exposure to sunlight.
* **By eating fortified foods and whole wheat bread.**
* Through exposure to sunlight and in fortified milk.
* \_\_\_\_\_\_\_\_\_ 13. Fluoride is needed in the diet:
* **To prevent tooth decay and strengthen bones.**
* To reduce hypertension and prevent anemia.
* To balance fluids and keep cells from bursting.
* To provide energy and prevent fatigue.
* \_\_\_\_\_\_\_\_\_ 14. Signs of iron-deficiency anemia include:
* Bad breath, confusion, and tooth decay.
* Wounds that won’t heal and frequent illness.
* Dehydration and gun disease.
* **Fatigue, shortness of breath, and pale color.**
* \_\_\_\_\_\_\_\_\_ 15. Vitamin C is needed to:
* Help the body absorb calcium.
* **Heal wounds and resist infections.**
* Prevent rough, scaly skin and infections.
* Prevent blindness.

\_\_\_\_\_\_\_\_\_ 16. Fat-soluble vitamins include:

* Vitamins C and B12
* **Vitamins A, D, E, and K**
* Niacin, riboflavin, and thiamin
* Folate and Biotin

Answer the following questions.
17. Why should teens be concerned about osteoporosis?

Bone mass builds u p during childhood, the teen years, and young adulthood, so care taken to consume calcium during early life can prevent the disease from developing later.

18. Why should milk not be stored in clear containers?

Light coming through the containers will destroy riboflavin in the milk.

19. Describe one cooking technique to prevent loss of vitamins during cooking.

Because some cooking techniques can destroy certain vitamins, techniques such as steaming or keeping a lid on saucepans should be used.

*

20. What vitamins are water-soluble? C and B vitamin complex

**Chapter 9: Water and Phytochemicals**

Match the following statements with the correct term.

Cruciferous vegetables dehydrated hydration
Phytochemicals beta-carotene nutrients

21.\_\_\_ Phytochemicals \_\_\_\_\_\_\_\_\_ naturally occurring chemical compounds in plant-based foods.

22.\_\_\_ Hydration \_\_\_\_\_\_\_\_\_\_\_\_\_\_ receiving enough water to meet all the body’s needs.

23.\_\_\_ Cruciferous vegetables \_\_\_\_ all vegetables from the cabbage family.

**Select the best answer.**

24.\_\_\_\_\_\_\_\_ Ways that the body makes use of water include:

* Getting rid of nutrient products.
* Increasing the body temperature.
* **Transporting minerals and vitamins.**
* Preventing perspiration.

25.\_\_\_\_\_\_\_\_ Some signs of dehydration are:

* **Dark-colored urine and dry lips and skin.**
* Diarrhea and thirst.
* Thirst and light-colored urine.

 Dizziness, nausea, and light-colored urine.

26.\_\_\_\_\_\_\_\_ Phytochemicals are not currently classified as nutrients because:

* They are to be taken only as supplements.
* **They are not essential for life.**
* They are not found in foods we eat.
* They do not protect the body from disease.

27.\_\_\_\_\_\_\_\_ Lycopene is associated with:

* + Cucumbers.
	+ Blueberries.
	+ **Tomatoes.**
	+ Strawberries.

28. \_\_\_\_\_\_\_\_ The following foods are good sources of indoles:

* + Soybeans and peas.
	+ **Cabbage and broccoli**.
	+ Blueberries and grapes.
	+ Apples and oranges.

29.\_\_\_\_\_\_\_\_ Each day you lose \_\_\_\_\_\_\_\_\_ quarts of water.

* + 1—2
	+ 1—3
	+ **2—3**
	+ 3—4

**Answer the following *True/False* questions.**

29.\_\_\_F\_\_\_\_\_ Water is not a nutrient.

30.\_\_\_T\_\_\_\_\_ By that time you are thirsty, you have already lost a significant amount of water and are probably dehydrated.

31.\_\_\_T\_\_\_\_\_ Water exits the body through sweat, breathing, urine, and feces.

32.\_\_\_\_F\_\_\_\_ The caffeine in coffee, tea, and colas does not influence water loss.

33.\_\_\_T\_\_\_\_\_ If you haven’t been drinking enough water, you should increase the amount you drink gradually.

34. \_\_\_F\_\_\_\_\_ Fruits and vegetables do not have a higher percentage of water than other foods.

35.\_\_\_T\_\_\_\_\_ Beta-carotene is a phytochemical.

36.\_\_\_F\_\_\_\_\_ It is not necessary to eat a variety of foods each day.

37.\_\_\_T\_\_\_\_\_ A possible benefit of phytochemicals is protection against diseases such as cancer and heart disease.

38.\_\_\_F\_\_\_\_\_Extreme dehydration is not a serious condition.

39.\_\_\_F\_\_\_\_\_ Water does not participate in chemical reactions.

40.\_\_T\_\_\_\_\_\_ About 55—75% of the body is water.

**Answer the following questions.**

41.Give two tips to increase water intake.

Measure the amount in the glass you normally drink to determine the number of glasses you need to get your daily quota.

Estimate the amount by county gulps which are hearty swallows. Usually = 1 oz of water.

Eat more fruits and vegetables because they have a higher percentage of water than other foods.

Drink beverages without caffeine because they count toward your water requirement.

If you haven’t been drinking enough water, increase the amount gradually.

Make a habit of drinking at least 8 ounces of water when you get up in the morning, when you go to bed, and before each meal. That alone supplies five cups of water.

Carry a sports bottle filled with water. If you feel like having a beverage, reach for the sports bottle instead of a soft drink. Refill the bottle with water as needed and add a little fresh lemon if you like.

Take a water break instead of a soft drink or coffee break.

Drink water before, during and after you participate in physical activities such as mowing the grass, shoveling snow, and roller blading.

42.How much of the fluids you drink should be plain water?

At least ½.

Cakes and Cookies

Write the best selection for each statement.

41.\_\_\_\_\_\_\_The three types of foam cakes are:

Yellow, angel food, and dump cakes.

Sponge, dump and chocolate cakes.

**Angel food, sponge, and chiffon**.

Chiffon, sponge, and devil’s food cake.

42.\_\_\_\_\_\_\_The one-bowl method of making a cake should be used only:

When you are short on time.

**When the recipe specifies it**.

When you are using baking powder as the leavening agent.

When you beat egg whites to add air to the mixture.

43.\_\_\_\_\_\_\_You avoid overworking cookie dough when making molded cookies because:

**Overworking makes them tougher**.

Overworking causes them not to rise as they should.

Overworking causes them to spread too much.

Overworking makes the taste less appealing.

44.\_\_\_\_\_\_\_Molded cookies are shaped:

By cookie cutters.

By dropping them on the cookie sheet.

By making a long roll and cutting it.

**By hand or flattened In some way**.

45.\_\_\_\_\_\_\_The main leavening agent in a shortened cake is:

**Baking powder or baking soda**.

Air from beaten eggs.

Air from beaten egg whites.

Yeast.

46\_\_\_\_\_\_\_A tube pan is a good choice when baking a foam cake because:

The ring shape gives the airy batter a pleasing decorative appearance.

**The ring shape provides the airy batter with the support it needs to rise**.

The ring shape prevents the airy batter from rising too much.

The ring shape provides the airy batter with multiple sources of heat to bake quickly.

47.\_\_\_\_\_\_\_Cookies and cakes are made with similar ingredients and proportions except for:

Eggs.

Flour.

Sugar.

**Liquid**.

48.\_\_\_\_\_\_\_You tell when cookies are done baking because:

They hold their shape when removed from the oven.

**They are delicately browned and a slight imprint remains when pressed with a finger.**

They are delicately browned and spring back when pressed with a finger.

They have not browned and a slight imprint remains when pressed with a finger.

49.\_\_\_\_\_\_\_Recipes for baked items should be followed precisely because:

The cake will probably fall if directions are not followed precisely.

The cake texture will be tough and not airy.

Ingredient amounts and mixing techniques will result in a cake that is not as tasty as it should be.

 **Ingredient amounts, mixing techniques, and baking times are all developed to work together with scientific precision**.

Match each statement with the correct term.

Molded cookies Conventional method Uncooked cake frostings
Pressed cookies Foam cakes Bar cookies
One-bowl method Shortened cakes Drop cookies
Rolled cookies Refrigerator cookies Cooked cake frostings

50.\_\_ Cooked cake frostings \_\_\_\_\_\_\_\_Cook frosting ingredients to a certain temperature, cool it, and then beat it.

51 \_\_ Bar cookies \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Baked in a shallow pan and cut into bars or squares; Ex: Brownies.

52.\_\_\_ Drop cookies \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Made from soft dough dropped onto a cookie sheet; Ex: chocolate chip cookies.

53. \_\_ Uncooked cake frostings \_\_\_\_\_\_\_\_\_\_\_ Frosting made by mixing confectioner’s sugar with butter, margarine, or cream cheese, and then adding milk and extracts.

54. \_\_ Foam cakes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tall spongy cakes leavened by air trapped in protein foam of stiffly beaten egg whites

15. \_\_ Conventional method \_\_\_\_\_\_\_\_\_\_Whenfat and sugar are combined first: sugar crystals “grate” against the fat, creating holes that fill with air to build volume into the batter. Dry and liquid ingredients are added alternately to reduce need for vigorous mixing

56. \_\_ One-bowl method \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Quick way to mix ingredients for shortened cake; combines dry ingredients and then adds moist ingredients.

57. \_\_\_ Molded cookies \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Cookies are shaped by hand. Ex: Peanut Butter Cookies

58. \_\_ Refrigerator cookies \_\_\_\_\_\_\_\_\_\_\_\_\_\_Cookies made by forming dough into long, even rolls that are wrapped, chilled, and later cut to size. Ex: Pinwheels

59. \_ Shortened cakes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cakes made with solid fat, flour, salt, sugar, eggs, liquid, and either baking powder or baking soda.

60. \_\_Rolled cookies\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cookies made from stiff dough rolled out and cut into shapes with cookie cutters. Ex: sugar cookies or beautifully decorated holiday cookies.

**Chapter 30: Fruits**

Select the BEST answer for each question.

\_\_\_\_\_\_\_\_61. When evaluating fresh fruits for purchase, you should

* Look for fruit that is light for its size.
* **Select fruit that is the size and color typical for the fruit.**
* Look for fruit with no more than one bruise.
* Choose fruit that has no characteristic aroma.

\_\_\_\_\_\_\_\_62. Fruits

* Should not be washed before storing them.
* Should not be washed before using them.
* **Should be washed before storing them**.
* Should be at room temperature before washing them.

\_\_\_\_\_\_\_\_63. When sugar is added to fruit as it cooks,

* The sugar only adds sweetness to the cooked fruit.
* The sugar prevents the fruit from keeping its shape.
* The sugar weakens the fruit by causing the water to leave the fruit as it cooks.
* **The sugar helps fruit keep its shape by drawing water back into the cells**.

\_\_\_\_\_\_\_\_64. When paring fruits, it is best to remove a thin layer of skin because

* This will protect the fruit from browning.
* **Many nutrients are just beneath the skin**.
* The skin may interfere with quality food products.
* The skin contains most of the fruit’s calories.

\_\_\_\_\_\_\_\_65. Fruits are nutritious because

* They provide fat and sodium which are needed by the body to be healthy.
* They are importance sources of dietary fiber and protein.
* **They are important sources of dietary fiber and carbohydrates and are low in calories.**
* They are excellent sources of protein, fats, and sodium.

\_\_\_\_\_\_\_\_66. The main advantage of buying fruit packed in its own juice is

* It can be used more easily in recipes using fruit as its main ingredient.
* It provides more nutrients than fruit packed without its own juice.
* It can be stored more easily and has a longer shelf life.
* **It has no added sugar and about the same calories as fresh fruit.**

**Answer the following *True/False* questions.**

\_\_\_T\_\_\_\_\_67. The length of time that many fresh fruits are available in supermarkets is due to modern transportation and breeding that has produced hardier varieties.

\_\_\_F\_\_\_\_\_68. An underripe banana should not be stored at room temperature but should be kept in the refrigerator.

\_\_\_\_T\_\_\_\_69. When cooked fruits may lose heat sensitive vitamins.

\_\_\_\_F\_\_\_\_70. Cooking fruits does not cause color or flavor changes.

\_\_\_\_T\_\_\_\_71. Cherries are examples of drupes.

\_\_\_\_F\_\_\_\_72. To prevent fruits from browning due to reacting to oxygen, let the fruit sit in its own juice for an hour or more.

**Match each statement with the correct term.**

Zest trifle underripe fruit fruit

Enzymatic browning enzyme immature fruit drupes

Mature pomes produce citrus

Reconstituting regreening ripe fruit tropical

\_\_\_ Ripe fruit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_73. Mature fruit that has reached its peak of flavor and is ready to eat.

\_\_\_ Zest \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_74. Small strips or pieces grated or shaved with peeler from the skin of lemons or sometimes, oranges.

\_\_\_ Underripe fruit\_\_\_\_\_\_\_\_\_\_\_\_\_\_75. Very firm fruits lacking flavor and top eating quality.

\_\_\_ Enzymatic browning \_\_\_\_\_\_\_\_\_76. Occurs when oxygen reacts with an enzyme, causing some fruits to turn brown.

\_\_\_\_ Produce \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_77. Fresh fruits and vegetables.

\_\_\_\_Fruit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_78. Part of plant that holds seeds.

\_\_ Reconstituting \_\_\_\_\_\_\_\_\_\_\_\_\_\_79. Process of restoring dried food to its former condition by adding water.

\_\_\_\_Trifle\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_80. Layer dessert often made with cake, jam or jelly, fruit, custard, and whipped cream.

**Chapter 31: Vegetables**

Select the best answer.

\_\_\_\_\_\_81. Tubers are:

Layers of fleshy leaves.

Can be eaten raw.

**Large, underground stems.**

Used in fresh salads.

\_\_\_\_\_\_82. Vegetables are healthy because:

* They are low in calories and fat but high in sodium.
* They contain many nutrients but are high in sodium.
* They contain many nutrients and are low in calories, fat, and sodium.
* **They are low in nutrients, calories, fat, and sodium.**

\_\_\_\_\_\_83. The green color in potatoes:

* Does not affect the taste or quality.
* Indicates that they have been stored too long.
* Determines the way they should be prepared for eating.
* **May indicate the presence of a bitter, toxic compound.**
*

\_\_\_\_\_\_84. Onions should be stored:

**In a cool, dry basket or bag for air circulation.**
In a cool, dry bag to prevent browning.
In a warm, dry basket for air circulation.
In a warm, moist basket for air circulation.

\_\_\_\_\_\_85. Overcooked vegetables are:

Less nutritious because some nutrients have been lost.
**Tender but mushy.**Less flavorful but still tasty.
A bright, deepened color.

**Match the following:**

Broccoli beans cucumbers cabbage

Celery potatoes carrots onions

\_\_\_\_\_\_onions\_\_\_\_\_\_\_\_\_\_\_\_\_ 86. Bulbs \_\_\_\_\_potatoes\_\_\_\_\_\_\_\_\_\_\_\_\_ 87. Tubers

*

\_\_\_\_\_ beans\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 8 8. Seeds \_\_\_\_cabbage\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 89. Leaves

*

\_\_\_\_carrots\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 90. Roots \_\_\_\_\_celery\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 90. Stems

**Answer the following *True/False* questions**

\_\_\_\_T\_\_\_\_ 91. Broccoli and cauliflower are each a type of cabbage.

*

\_\_\_\_F\_\_\_\_ 92. Detergent should be used when washing vegetables.

*

\_\_\_F\_\_\_\_\_ 93. Tender vegetables should be scrubbed when washing

\_\_\_\_T\_\_\_\_ 94. Fewer nutrients are lost when vegetables are steamed.

*

\_\_\_\_F\_\_\_\_ 95. Dried food can be reconstituted by microwaving.

*

\_\_\_T\_\_\_\_\_ 96. Leftover vegetables can be used in casseroles or soups.

\_\_\_\_F\_\_\_\_ 97. Braising uses fat in a pan or deep fryer.

*

\_\_\_F\_\_\_\_\_ 98. Vegetables should not be cooked on a grill.

Answer the following questions.

99. What makes vegetables a healthful part of an eating plan?

They contain many nutrients, have no cholesterol, most are low in calories, fat, and sodium, many contain antioxidants.

100. When simmering vegetables, why should you use only a small amount of water?

Nutrient loss is less with small amounts of water.

**NOTE: The above questions may not appear on the exam as they have been presented in this review.**