

## Chapter 1. Nutrition in Human Health

### Multiple Choice

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

- \_\_\_\_\_ 1. A nurse is leading a seminar with middle school students on healthy food choices at the community health center every Tuesday. The nurse knows that the seminar is a form of:
1. Secondary prevention
  2. Primary prevention
  3. Tertiary prevention
  4. Complication prevention
- \_\_\_\_\_ 2. A nurse knows that energy nutrients are measured in which of the following ways?
1. Kilocalories
  2. Proteins
  3. Heat (thermal)
  4. Electric signals
- \_\_\_\_\_ 3. A nurse is caring for a client with Crohn disease. The nurse notes that the health-care provider has ordered the addition of omega-3 fatty acids to the diet and omega-3 fatty acid supplements to the medication regimen. The nurse suspects the health-care provider is applying which process to help this client minimize chronic inflammation from the disease?
1. Nutrigenetics
  2. Epigenetics
  3. Nutrigenomics
  4. Epigenomics
- \_\_\_\_\_ 4. Which is the main focus of the 2015–2020 Dietary Guidelines for Americans?
1. Base overall eating patterns on personal and cultural choice.
  2. Provide simple instructions that promote healthy eating patterns.
  3. Monitor dietary intake through a telephone survey.
  4. Increase the number of schools providing fruits and vegetables.
- \_\_\_\_\_ 5. Which statement made to a nurse about food insecurity is concerning?
1. “My mom cooks once a week and we go out to eat the other days.”
  2. “We often eat at the local shelter when we can.”
  3. “I often feel like I don’t want to eat; I’m getting so fat!”
  4. “I love to cook. I often cook for my friends and family.”
- \_\_\_\_\_ 6. In order to make suitable recommendations about nutritional status, which criteria must the nurse gather during assessment from a client diagnosed with diabetes?
1. Reported dietary intake and physical examination
  2. Anthropomorphic measurements and physical examination
  3. Food diary and interview
  4. Dietary recalls and self-report
- \_\_\_\_\_ 7. A nurse is caring for a client diagnosed with diverticulitis. Which question asked during nutritional assessment is most appropriate for the nurse to ask?

1. "Do you consume meat at most of your meals?"
2. "Doesn't everyone like grilled chicken?"
3. "What comfort foods do you enjoy?"
4. "What types of food do you consume regularly?"

- \_\_\_\_\_ 8. A nurse is caring for a client admitted to the emergency department (ED). When the nurse learns that the client is an Alaskan native, which diagnosis of acculturation does the nurse suspect?
1. Chronic obstructive pulmonary disease (COPD)
  2. Diabetes
  3. Crohn disease
  4. Gastrointestinal (GI) bleeding
- \_\_\_\_\_ 9. When taking care of a client with irritable bowel syndrome (IBS), the nurse talks about new genetic knowledge that could personalize nutrition prescriptions. The nurse does this to:
1. Cure the disease
  2. Research proper use of prescriptions
  3. Utilize nutrients properly
  4. Help address nutritional needs

### Multiple Response

*Identify one or more choices that best complete the statement or answer the question.*

- \_\_\_\_\_ 10. A nurse is caring for a client diagnosed with bulimia. In addition to the nurse, which other members of the health-care team are involved in the comprehensive nutritional assessment? *Select all that apply.*
1. Social worker
  2. Laboratory staff
  3. Dietitian
  4. Physician
  5. Physical therapist
- \_\_\_\_\_ 11. When discharging a client who had gastric-bypass surgery, the nurse makes sure to include which information in the client's discharge planning? *Select all that apply.*
1. Take vitamins daily.
  2. Drink plenty of water.
  3. Include polyphenols in the diet.
  4. Limit carbohydrates and fats.
  5. Eat plenty of protein shakes.
- \_\_\_\_\_ 12. Which are functions of nutrients? *Select all that apply.*
1. Serve as a source of heat.
  2. Support the growth of tissue.
  3. Aid in the loss of weight.
  4. Help prevent diabetes.
  5. Provide control of disease.
- \_\_\_\_\_ 13. A nurse received report from the GI department and is waiting to admit a client diagnosed with lactose intolerance. The nurse suspects that the client may be from which of the following cultures? *Select all that apply.*
1. Native American

2. Italian
3. Asian
4. Irish
5. African

- \_\_\_\_\_ 14. Based on the 2015–2020 Dietary Guidelines for Americans, which recommendations would a nurse manager follow to help reduce the risk for major chronic diseases in the health clinic? *Select all that apply.*
1. Dietary practices should accommodate food preferences.
  2. Dietary practices should accommodate cultural traditions.
  3. Dietary practices should accommodate healthy eating patterns.
  4. Dietary practices should accommodate economic resources.
  5. Dietary practices should accommodate sample menus.
- \_\_\_\_\_ 15. A nurse is discharging a client to home and discussing food insecurity. Which component of food insecurity has important implications for health and nutrition? *Select all that apply.*
1. Poverty
  2. Rural living
  3. Health
  4. Wealth
  5. Disease
- \_\_\_\_\_ 16. Which steps to determine a client's dietary status are similar to those of the nursing process? *Select all that apply.*
1. Nutritional screening
  2. Physical examination
  3. Prioritizing problems
  4. Dietitian referral
  5. Using dietary journals
- \_\_\_\_\_ 17. A nurse is reviewing dietary intake with a 45-year-old client with new-onset diabetes. Which components does the nurse expect to discuss? *Select all that apply.*
1. Estimated average requirements (EARs)
  2. Body mass index (BMI)
  3. Recommended dietary allowances (RDAs)
  4. Adequate intakes (AIs)
  5. Acceptable macronutrient distribution range (AMDR)
- \_\_\_\_\_ 18. Which effects can acculturation have on clients from another culture? *Select all that apply.*
1. A decrease in risk for disease
  2. An increase in knowledge of healthy foods
  3. A decrease in consumption of fruits and vegetables
  4. An increase in knowledge of proper food preparation
  5. An increase in awareness of healthy food choices
- \_\_\_\_\_ 19. A nurse is taking care of a client diagnosed with anorexia. What are the components of nutritional care? *Select all that apply.*
1. Analysis and implementation
  2. Assessment and planning

3. Evaluation and implementation
4. Subjective and objective data
5. Nutritional assessment and objective data

## Chapter 1. Nutrition in Human Health

### Answer Section

#### MULTIPLE CHOICE

1. ANS: 2

Chapter: Chapter 1, Nutrition in Human Health

Objective: 1. Describe the relationship between nutrition and health.

Page: 3

Heading: The Language of Nutrition: Disease Prevention

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

Concept: Nutrition

Difficulty: Moderate

	Feedback
1	This is incorrect. Secondary prevention is the establishment of monitoring techniques to discover diseases early enough to provide the opportunity to control their effects.
2	This is correct. The information the nurse presents to the class is considered a primary prevention level of disease prevention. The nurse is teaching about nutritional changes that can prevent diseases caused by overeating.
3	This is incorrect. Tertiary prevention is the use of treatment techniques after disease has occurred to prevent further complications.
4	This is incorrect. The class is about the different categories of disease prevention. Actions meant to prevent complications or to promote maximum adaptation would be considered tertiary prevention.

PTS: 1

CON: Nutrition

2. ANS: 1

Chapter: Chapter 1, Nutrition in Human Health

Objective: 2. Identify the six classes of nutrients, their functions, and their essentiality.

Page: 4

Heading: The Language of Nutrition: Disease Prevention

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

Concept: Nutrition

Difficulty: Moderate

	Feedback
1	This is correct. The energy both in foods and in the body is measured in kilocalories, abbreviated kcal.
2	This is incorrect. Carbohydrates, fats, and proteins, the nutrients that supply energy, are referred to as the energy nutrients.

3	This is incorrect. Energy exists in a variety of forms: electric, thermal (heat), chemical, mechanical, and nuclear.
4	This is incorrect. Chemical energy is transformed into electric signals in nerves and into mechanical energy in muscles.

PTS: 1 CON: Nutrition

3. ANS: 3

Chapter: Chapter 1, Nutrition in Human Health

Objective: 3. Recognize the possible relationship of genetics to the adequacy of nutrition.

Page: 5

Heading: Nutritional Genomics

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

Concept: Evidence-Based Practice

Difficulty: Moderate

	Feedback
1	This is incorrect. Nutrigenetics detects gene variants within an individual to identify nutritional factors that trigger dysfunction or disease.
2	This is incorrect. Epigenetics is the process that regulates how and when genes are turned on and off.
3	This is correct. Nutrigenomics is the study of the interaction between one's diet and their genes. These interactions can markedly influence digestion, absorption, and elimination, as well as influence their sites of actions.
4	This is incorrect. Epigenomics is the study of the process of epigenetics.

PTS: 1 CON: Evidence-Based Practice

4. ANS: 1

Chapter: Chapter 1, Nutrition in Human Health

Objective: 4. Compare dietary intakes in the United States with the U.S. Department of Agriculture Dietary Guidelines.

Page: 7

Heading: Dietary Guidelines

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance

Cognitive Level: Comprehension

Concept: Health Promotion

Difficulty: Moderate

	Feedback
1	This is correct. The 2015–2020 Dietary Guidelines for Americans focuses on overall eating patterns, which should be utilized as a flexible framework based upon an individual's personal and cultural choice.

2	This is incorrect. MyPlate is a U.S. Department of Agriculture (USDA) program developed to provide simple-to-follow guidelines and graphics, which promote healthy eating patterns.
3	This is incorrect. The Centers for Disease Control and Prevention (CDC) monitors dietary intake through a telephone survey.
4	This is incorrect. The CDC recommends increasing the number of schools providing fruits and vegetables.

PTS: 1                      CON: Nutrition

5. ANS: 2

Chapter: Chapter 1, Nutrition in Human Health

Objective: 5. Discuss issues related to food insecurity.

Page: 9

Heading: Food Insecurity

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

Concept: Nutrition

Difficulty: Moderate

	Feedback
1	This is incorrect. This statement is not about food insecurity, as the client eats every day.
2	This is correct. This statement conveys food insecurity because it expresses that the client is unsure whether food will be attainable or affordable. Food insecurity is often associated with poverty and low income.
3	This is incorrect. This statement indicates an aversion to food, and could be associated with anorexia, rather than food insecurity.
4	This is incorrect. This statement indicates that food is readily available and does not indicate food insecurity.

PTS: 1                      CON: Nutrition

6. ANS: 1

Chapter: Chapter 1, Nutrition in Human Health

Objective: 6. List and describe the steps in providing nutritional care.

Page: 12

Heading: Subjective Data; Objective Data

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

Concept: Metabolism

Difficulty: Moderate

	Feedback
1	This is correct. Subjective and objective data are needed to make suitable recommendations about nutritional status.

2	This is incorrect. This information is objective only and is not suitable as the sole criterion on nutritional status.
3	This is incorrect. This information is subjective only and is not suitable as the sole criterion on nutritional status.
4	This is incorrect. This information is subjective only and is not suitable as the sole criterion on nutritional status.

PTS: 1                      CON: Metabolism

7. ANS: 4

Chapter: Chapter 1, Nutrition in Human Health

Objective: 8. Give an example of a provider's use of, and respect for, cultural beliefs having a favorable impact on a health outcome for a client.

Page: 18

Heading: Impact of Cultural Nutrition

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

Concept: Nutrition

Difficulty: Moderate

	Feedback
1	This is incorrect. This question implies that the client includes meat in their diet, which may not necessarily be the case. Diet preferences must be assessed, and not assumed.
2	This is incorrect. This question implies that the client consumes poultry based on the nurse's own assumptions about what "everyone" likes to consume. It is important for the nurse to assess dietary preferences rather than assume them.
3	This is incorrect. This question assumes that the client enjoys comfort foods and would not help the nurse accurately assess the client's nutritional preferences.
4	This is correct. Dietary preferences differ among people and should be assessed accordingly. This question allows the client to identify their preferences, rather than expressing any of the nurse's assumptions.

PTS: 1                      CON: Nutrition

8. ANS: 2

Chapter: Chapter 1, Nutrition in Human Health

Objective: 9. State the preferences and dietary restrictions of several cultural and religious groups.

Page: 19

Heading: The Language of Nutrition: Disease Prevention

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

Concept: Metabolism

Difficulty: Moderate

	Feedback
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1	This is incorrect. COPD is not an effect of acculturation.
2	This is correct. Diabetes mellitus occurs in high numbers among widely scattered indigenous populations undergoing acculturation.
3	This is incorrect. Crohn disease is not an effect of acculturation.
4	This is incorrect. GI bleeding is not an effect of acculturation.

PTS: 1 CON: Metabolism

9. ANS: 3

Chapter: Chapter 1, Nutrition in Human Health

Objective: 3. Recognize the possible relationship of genetics to the adequacy of nutrition.

Page: 5

Heading: Nutritional Genomics

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

Concept: Evidence-Based Practice

Difficulty: Moderate

	Feedback
1	This is incorrect. Nutrition prescriptions do not cure disease.
2	This is incorrect. New genetic knowledge does not research proper use of prescriptions.
3	This is correct. New genetic knowledge offers the potential to personalize nutrition prescriptions to avoid interactions between one's diet and their genes, which can adversely affect the body's use of nutrients.
4	This is incorrect. Nutrition prescriptions do not help address nutritional needs.

PTS: 1 CON: Evidence-Based Practice

## MULTIPLE RESPONSE

10. ANS: 1, 2, 3, 4

Chapter: Chapter 1, Nutrition in Human Health

Objective: 6. List and describe the steps in providing nutritional care.

Page: 11

Heading: Nutritional Care

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

Concept: Addiction and Behaviors

Difficulty: Moderate

	Feedback
1.	This is correct. Many members of the health-care team are involved in a comprehensive nutritional assessment, including the social worker.

2.	This is correct. Many members of the health-care team are involved in a comprehensive nutritional assessment, including the laboratory staff.
3.	This is correct. Many members of the health-care team are involved in a comprehensive nutritional assessment, including the dietitian.
4.	This is correct. Many members of the health-care team are involved in a comprehensive nutritional assessment, including the physician.
5.	This is incorrect. Although there are many members of the health-care team involved in a comprehensive nutritional assessment, the physical therapist is not typically involved.

PTS: 1                      CON: Addiction and Behaviors

11. ANS: 1, 2, 3

Chapter: Chapter 1, Nutrition in Human Health

Objective: 2. Identify the six classes of nutrients, their functions, and their essentiality.

Page: 4

Heading: The Language of Nutrition: Disease Prevention

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

Concept: Nutrition

Difficulty: Moderate

	Feedback
1.	This is correct. Vitamins are essential nutrients that the body requires but cannot manufacture sufficiently.
2.	This is correct. Water is an essential nutrient that participates in the continued growth and maintenance of building body structures.
3.	This is correct. Polyphenols are found in plants and help stimulate the immune system, prevent cell damage, and reduce inflammation.
4.	This is incorrect. Carbohydrates, fats, and proteins are nutrients that supply energy. The client, in conjunction with the health-care team, including the health-care provider and nutritionist, will develop a diet plan that is individual to the client.
5.	This is incorrect. Protein shakes may contain nonessential nutrients that the body may make from other substances. The quantity of any one component of food and its usefulness of function varies and should be planned and discussed with the health-care team.

PTS: 1                      CON: Nutrition

12. ANS: 1, 2

Chapter: Chapter 1, Nutrition in Human Health

Objective: 2. Identify the six classes of nutrients, their functions, and their essentiality.

Page: 4

Heading: Nutrients: Functions

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance