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**Test Bank for Williams Basic
Nutrition and Diet Therapy
16th Edition by Nix William**

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Test Bank for Williams Basic Nutrition and Diet Therapy 16th Edition by Nix William

Chapter 01: Food Nutrition and Health

Nix: Williams Basic Nutrition and Diet Therapy 16th Edition

MULTIPLE CHOICE **learnexams**

1. Promoting a health care service that improves diabetes management for the elderly in a community would assist in which of the following?
 - a. Supporting the national health goals *Healthy People 2020*
 - b. Reducing hunger in a subset of the United States population
 - c. Improving Medicare reimbursement claims
 - d. Providing access to primary health care services

CORRECT ANSWER >A

Healthy People 2020 has a wide influence and is the focus of the nation's main objective to promote health and prevent disease.

DIF: Cognitive Level: Application REF: p. 2

TOP: Nursing Process: Implementation MSC: NCLEX: Health Promotion and Maintenance

2. A patient requires a nutrition assessment. The most appropriate professional to perform the assessment is a

- a. physician.
- b. nurse.
- c. public health nutritionist.
- d. registered dietitian.

CORRECT ANSWER >D

The registered dietitian is the nutrition expert registered with the Commission of Dietetic Registration (CDR), the certifying agency of Academy of Nutrition and Dietetics. Registered dietitians are the only professionals who have met strict educational and professional prerequisites and passed a national registration examination that properly prepares them to conduct a nutrition assessment.

DIF: Cognitive Level: Application REF: p. 1

TOP: Nursing Process: Assessment

MSC: NCLEX: Safe and Effective Care Environment: Management of Care

3. The sum of all body processes inside living cells that sustain life and health is
- a. science.
 - b. digestion.
 - c. metabolism.
 - d. nutrition.

CORRECT ANSWER >C

Metabolism is the sum of all chemical changes that take place in the body. Metabolism provides energy, builds tissue, and regulates metabolic processes in the body.

DIF: Cognitive Level: Knowledge REF: p. 3 TOP: Nursing Process: Planning
MSC: NCLEX: Physiological Integrity: Physiological Adaptation

4. The nutrients that provide the body with its primary source of fuel for energy are
- vitamins.
 - minerals.
 - fiber.
 - carbohydrates.

CORRECT ANSWER >D

Carbohydrates (e.g., starches and sugars) are the body's primary fuel to carry out necessary processes; fat is the secondary source of energy.

DIF: Cognitive Level: Knowledge REF: p. 4 TOP: Nursing Process: Planning
MSC: NCLEX: Physiological Integrity: Physiological Adaptation

5. Which of the following is the most accurate statement regarding the functions of protein?
- Proteins can be a primary fuel source even if there is adequate carbohydrate intake.
 - Proteins are a necessary nutrient to provide energy for the body in times of stress.
 - Proteins can be used as coenzyme factors during cell metabolism.
 - Proteins are essential to building and repairing tissues within the body.

CORRECT ANSWER >D

The primary function of proteins is to provide amino acids, which are the building units necessary to building and repairing tissues within the body. This is a constant process that ensures adequate growth and maintenance of tissues for a strong body.

DIF: Cognitive Level: Comprehension REF: p. 4
TOP: Nursing Process: Assessment
MSC: NCLEX: Physiological Integrity: Physiological Adaptation

6. A 65-year-old man requires 2000 kcal/day without any specific fat or carbohydrate requirements. The approximate number of kilocalories per day from fat that his diet should provide is _____ kcal/day.
- 400 to 700
 - 100 to 300
 - 500 to 800