

9. Bread is rich in complex carbohydrates, low in fats, and a source of fiber, minerals, and vitamins. Usually, the more fiber in the bread, the more nutrients. Look at the values of the following four loaves of bread:

	Calories	Sodium	Fiber
Loaf 1:	60	100 mg	1g
Loaf 2:	70	160 mg	2g
Loaf 3:	40	105 mg	2g
Loaf 4:	80	5 mg	3g

Which loaf of bread would be the best choice for you in terms of good nutrition?

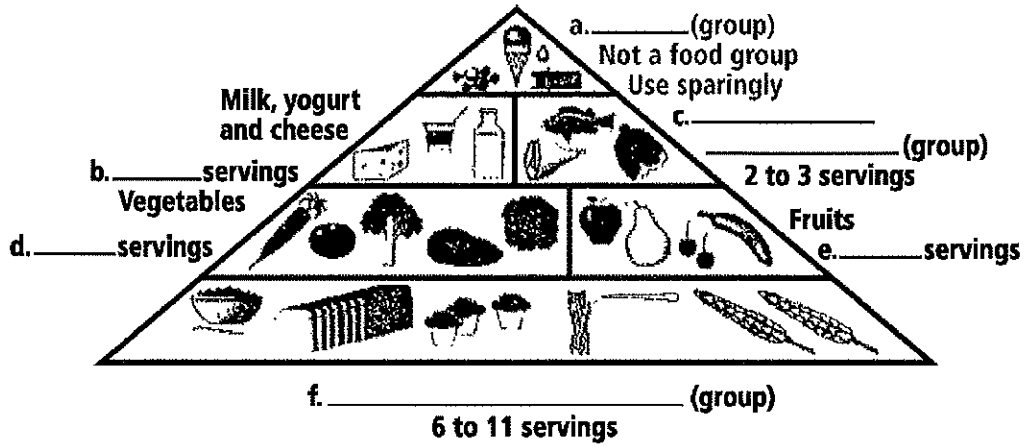
- Loaf 1
 - Loaf 2
 - Loaf 3
 - Loaf 4
10. Which of the following meals best meets your body's nutrient needs, without exceeding its energy needs?
- pasta with alfredo sauce, toasted garlic bread, tossed salad
 - broiled fish, steamed carrots, brown and wild rice
 - fried eggs, bacon, buttered toast and jelly
 - beef tacos with sour cream and cheddar cheese, refried beans, rice
11. What statement best describes how diet can influence health
- Diet prevents cancer, heart disease, and diabetes.
 - In order to optimize health, a person must take in the right amount of nutrients and energy.
 - Nutrients help form body tissues and promote growth.
 - There is little proven evidence that diet influences health.
12. The carbohydrate that circulates in your blood and provides energy for your cells is a
- complex carbohydrate called glycogen.
 - a single sugar called fructose.
 - a single sugar called glucose.
 - a complex carbohydrate called starch.
13. Insoluble fiber
- dissolves in water.
 - is found in oat bran, apples, beans, and some vegetables.
 - is found in refined-grain products.
 - add bulk to your body's wastes.
14. Low-density lipoprotein cholesterol
- carries cholesterol to the body cells.
 - can contribute to plaque formation on blood vessel walls.
 - is sometimes called "bad cholesterol."
 - all of the above
15. The Dietary Guidelines for Americans
- are a set of guidelines developed to improve health.
 - are intended to reduce nutrition-related disease.
 - bring together the recommendations of the Dietary Reference Intakes and DVs.
 - all of the above

- _____ 16. Parents can help children meet their nutritional needs by
- following the Food Guide Pyramid but with reasonable variation to accommodate the needs of each child.
 - following the Food Guide Pyramid but adding extra protein.
 - following the Food Guide Pyramid but adding extra energy.
 - none of the above
- _____ 17. Teens' diets
- rarely meet energy needs.
 - tend to be low in calcium, iron, and riboflavin.
 - tend to be nutrient-dense.
 - usually meet all energy and nutrient requirements.
- _____ 18. People with special dietary needs
- should always take dietary supplements.
 - are especially prone to dehydration.
 - include athletes, infants, and people who are ill.
 - should follow a vegetarian diet.
- _____ 19. A vegetarian diet
- may be lacking in certain vitamins and minerals.
 - can be a healthy way of eating.
 - may be lacking in protein.
 - all of the above
- _____ 20. Vegans
- must take special care to meet his or her energy needs.
 - must plan to ensure that they take in all of the essential vitamins and minerals.
 - need some animal products to make sure their needs are met.
 - cannot eat nutrient-poor foods like fries, chips, or candies.

Short Answer

- Which vitamins are fat-soluble?
- Why do you need regular sources of water-soluble vitamins?
- Name some foods that are good sources of both protein and calcium.
- Name some foods that are good sources of complex carbohydrates.
- What can you do to help prevent osteoporosis?
- What is the difference between saturated fats and unsaturated fats?

The Food Pyramid



27. a. _____
b. _____
c. _____
d. _____
e. _____
f. _____

28. Why do you need to have some fat in your diet?
29. List two foods from each food group on the food pyramid.
30. How can junk food be incorporated into a healthful diet?

NTI Day 2**Multiple Choice**

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

- _____ 1. Hershel is very active. He exercises every day. To determine what his caloric intake should be, Hershel needs to
- a. know his body composition.
 - b. calculate his percentage of body fat.
 - c. know his activity level.
 - d. know his lean mass.
- _____ 2. Ideal body weight should be based on
- a. height and weight charts.
 - b. body composition.
 - c. size of body frame.
 - d. lean mass.
- _____ 3. Peter is obese. He wants to lose 50 pounds. Which of the following is a safe and reasonable way to reach this goal?
- a. start a diet plan he saw advertised in a magazine
 - b. make an appointment with his doctor to discuss a weight-loss plan
 - c. cut all fatty foods from his diet
 - d. cut all snacks from his diet and drink only water or diet drinks
- _____ 4. Digestive problems can be caused by
- a. overeating.
 - b. a specific disease.
 - c. a food intolerance.
 - d. all of the above
- _____ 5. A healthy and efficient way to treat a single case of constipation is to
- a. take laxatives.
 - b. consult with your doctor.
 - c. add more high-fiber food to your diet.
 - d. all of the above.
- _____ 6. On which of the following does your daily caloric intake *not* depend?
- a. your BMR
 - b. the number of calories you need to digest food
 - c. your activity level
 - d. energy balance
- _____ 7. Which of the following is *not* a characteristic of a healthful diet?
- a. sound, well-balanced choices from a variety of foods
 - b. following the guidelines of dietary recommendations
 - c. over-the-counter diet medications
 - d. eating a balanced breakfast
- _____ 8. Which of the following characteristics might indicate that a person is at risk for an eating disorder?
- a. an urge to throw up after eating
 - b. a guilty feeling when eating sweet or fattening foods
 - c. over-exercising to burn all the Calories eaten
 - d. all of the above
- _____ 9. Which of the following statements is *not* true about eating disorders?
- a. Victims do not realize that being fit and eating nutritiously will help make one feel good about oneself.
 - b. It is important to get professional help early on.
 - c. Those who suffer from eating disorders are not comfortable with their bodies.
 - d. Eating disorders always involve eating too little.

- ____ 10. Which of the following is *not* a recommended suggestion for gaining weight?
- Reduce the number of Calories you eat.
 - Increase your strength-training exercise level.
 - Eat a variety of nutritious, high-calorie foods.
 - Avoid skipping meals.

Short Answer

Write an A on the line next to the phrase that represents a characteristic of anorexia nervosa. Write a B on the line next to the statement that represents a characteristic of bulimia nervosa. Some statements may be characteristics of both disorders.

- ____ Constant dieting that is carried to an extreme
- ____ Low body weight
- ____ Preoccupation with body weight
- ____ Frequent use of laxatives
- ____ State of starvation
- ____ Binge-purge cycle
- ____ Refuses to eat
- ____ Low self-esteem
- Laura has a BMR of 1,050 Calories and a daily energy need of 900 Calories. If she eats 1,900 Calories a day, will she gain weight, lose weight, or stay the same?
- What does a person suffer from if he or she cannot tolerate milk and milk products?
- What usually results when food moves through the digestive system too quickly and there is not enough time for water to be removed?
- List three serious health risks that may result from being overweight or obese.
- How can you prevent constipation?
- What should you use rather than height and weight charts to determine your ideal weight?
- Why are fad diets dangerous to your health?
- How does a food allergy differ from a food intolerance?
- How is stress related to ulcers?
- How does not lying down after eating help prevent heartburn?
- What is one way to prevent food-borne illness?
- Why do many people turn to fad diets to lose weight?

NTI Day 3

Multiple Choice

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

- _____ 1. Which of the following is *not* an example of an uncontrollable risk factor?
a. level of sun exposure c. ethnicity
b. age d. heredity
- _____ 2. The risk factor that also determines an individual's sex is
a. heredity. c. ethnicity.
b. gender. d. age.
- _____ 3. The incidence of heart disease is lower in
a. African Americans. c. men.
b. Mexican Americans. d. women.
- _____ 4. Heart attack, atherosclerosis, stroke, and high blood pressure are all different kinds of
a. cancer. c. type 1 diabetes.
b. cardiovascular disease. d. type 2 diabetes.
- _____ 5. Your risk of developing CVD increases if you
a. exercise regularly. c. have diabetes.
b. limit your salt intake. d. are a woman.
- _____ 6. One way to detect CVD is
a. through surgery.
b. by taking high blood pressure medication.
c. through angioplasty.
d. with an ECG.
- _____ 7. Stroke occurs when there is an interruption of blood flow to the
a. heart. c. brain.
b. pancreas. d. liver.
- _____ 8. A metal cage that helps keep an artery open is called a
a. transplant. c. pacemaker.
b. stent. d. bypass.
- _____ 9. Diet, exercise, and tobacco affect your risk of developing
a. CVD only. c. cancer and type 2 diabetes only.
b. CVD and cancer only. d. CVD, cancer, and type 2 diabetes.
- _____ 10. A diet high in fiber can help prevent
a. cancer. c. atherosclerosis.
b. heart disease. d. stroke.
- _____ 11. Cancer is characterized by
a. a higher than normal systolic pressure. c. uncontrolled cell growth.
b. a high blood-glucose level. d. reduced blood flow to the brain.
- _____ 12. Your chances of developing cancer of the skin can be reduced by
a. using sunscreen. c. exercising regularly.
b. not smoking. d. maintaining a healthy weight.

- ___ 13. Increased thirst, frequent urination, fatigue, and weight loss are all symptoms of
 - a. type 1 diabetes only.
 - b. type 2 diabetes only.
 - c. type 1 diabetes, type 2 diabetes, or gestational diabetes.
 - d. gestational diabetes only.
- ___ 14. Atherosclerosis can be caused by
 - a. plaques.
 - b. a stroke.
 - c. low blood pressure.
 - d. all of the above
- ___ 15. Regular insulin injections are the usual treatment for
 - a. type 1 diabetes.
 - b. type 2 diabetes.
 - c. gestational diabetes.
 - d. cancer.
- ___ 16. The risk of developing type 2 diabetes can be reduced by
 - a. avoiding tobacco products.
 - b. using sunscreen.
 - c. avoiding alcohol.
 - d. all of the above
- ___ 17. Which of the following statements about a heart attack is *not* true?
 - a. A heart attack occurs when one or more coronary arteries become blocked.
 - b. Symptoms of a heart attack can include chest pain, shortness of breath, and nausea.
 - c. The chances of a heart attack are lower for a person who does not smoke.
 - d. If the damaged region of the heart is not too large, the heart muscle can regenerate itself.
- ___ 18. Which of the following does *not* help reduce your risk of cardiovascular disease?
 - a. managing stress
 - b. maintaining a normal weight
 - c. raising your blood pressure
 - d. exercising regularly
- ___ 19. Which of the following is *not* a treatment for cancer?
 - a. improving the diet
 - b. chemotherapy
 - c. radiation
 - d. surgery
- ___ 20. During the development of atherosclerosis,
 - a. cells begin to divide and multiply in an uncontrolled way.
 - b. the arteries become narrow because of a build-up of fatty material.
 - c. the brain is cut off from its blood supply.
 - d. all of the above

Short Answer

Answer the following questions to complete the chart below.

Risk Factors for Lifestyle Diseases	
Factors You Can't Control	Factors You Can Control

- 21. Factors You Can't Control
- 22. Factors You Can't Control

Name: _____

ID: A

23. Factors You Can't Control
24. Factors You Can Control
25. Factors You Can Control
26. Factors You Can Control
27. Factors You Can Control
28. Factors You Can Control

Essay

29. What causes high blood pressure and why is it so dangerous?
30. Compare and contrast strokes and heart attacks.

NTI Day 4**Multiple Choice**

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

- _____ 1. Drugs can enter your body
- through inhalation and ingestion.
 - by release from implanted pumps or injection.
 - via transdermal patches and topical application.
 - all of the above
- _____ 2. The agency responsible for ensuring the safety of food, drugs, and cosmetics is
- the Food and Drug Administration.
 - the Department of Health and Human Services.
 - the Department of the Interior.
 - the Office of the Surgeon General of the United States.
- _____ 3. Peter broke his arm playing football. The doctor wrote a prescription for a painkiller. The prescription said to take one tablet every four hours as needed for pain. Peter only took two tablets—one after he got home from having his arm set and another 4 hours later. Those were the only times his arm hurt. Peter
- abused the painkillers.
 - used the painkillers correctly.
 - misused the painkillers.
 - became addicted to the painkillers.
- _____ 4. Steve is suffering from a headache and congestion. When choosing an over-the-counter (OTC) medicine, he should
- read labels to see which medicine will best relieve his symptoms.
 - choose a generic drug.
 - choose a brand-name drug.
 - choose an antihistamine.
- _____ 5. Herbal remedies and dietary supplements differ from OTC medicines because
- they are not regulated by the FDA.
 - they do not work.
 - they are safer than medicines.
 - they are more thoroughly researched.
- _____ 6. Prescriptions are required for some drugs because
- some illnesses are serious and should be evaluated by a doctor.
 - some prescription medicines are very powerful.
 - prescriptions require that a doctor evaluate your needs.
 - all of the above
- _____ 7. The effects of a medicine can be influenced by whether
- it was taken with a lot of water.
 - it was taken with another medicine.
 - it was sold over the counter.
 - it was in a safety bottle.
- _____ 8. Dewayne had a bad cold. He decided to take an over-the-counter medication to help relieve his cold symptoms. After he took the medication he began to feel very sleepy. This feeling of sleepiness is most likely due to
- side effects of the drug.
 - misuse of the drug.
 - interactions among drugs.
 - an allergy.
- _____ 9. Which of the following is *not* an over-the-counter drug?
- ibuprofen
 - antibiotic
 - antihistamine
 - cortisone cream

- _____ 10. Problems that can occur as a result of drug use include
- a. allergic reactions.
 - b. side effects.
 - c. drug interactions.
 - d. all of the above
- _____ 11. Which of the following is *not* found on a prescription label?
- a. possible side effects of the drug
 - b. refill information
 - c. dose information
 - d. the amount of the drug in the prescription
- _____ 12. Carla's doctor prescribed an antibiotic for her sinus infection. After taking the medicine, her skin became itchy, and she started to wheeze. Which statement describes Carla's situation?
- a. She might be experiencing an anaphylactic reaction to the antibiotic.
 - b. She might be experiencing a life-threatening reaction.
 - c. She might require emergency medical care.
 - d. all of the above
- _____ 13. The path to addiction follows which of the following sequences?
- a. drug use, dependence, tolerance, addiction
 - b. dependence, tolerance, drug use, addiction
 - c. drug use, tolerance, dependence, addiction
 - d. drug use, dependence, addiction, tolerance
- _____ 14. What is the sequence of events in the approval of a medicine for human use?
- a. laboratory testing (chemical or cell), animal testing, testing on healthy humans, clinical trials
 - b. animal testing, testing on cell cultures, testing on healthy humans, clinical trials
 - c. laboratory testing (chemical or cell), animal testing, clinical trials, testing on healthy humans
 - d. animal testing, laboratory testing (chemical or cell), clinical trials, testing on healthy humans
- _____ 15. If you are feeling depressed or anxious about something, what should you do first to try to solve your problem?
- a. Take a couple of aspirin and read a book.
 - b. Go out and have fun drinking beer with your friends.
 - c. Talk over your problems with someone you trust.
 - d. Get a mild tranquilizer from your doctor.

Short Answer

16. What are two factors to consider when choosing an OTC medication?
17. Advertisements suggest that drugs make you feel better. How can this be a negative message?
18. Why are some drugs considered drugs of abuse?
19. If you and a friend have the same illness, should you take each other's prescription medications? Why or why not?
20. What are three factors that can influence the effect of a medicine?
21. Paul stops taking his antibiotic when he starts to feel better. Why is this not a good idea?

Name: _____

ID: A

22. How does withdrawal help keep an addiction active?
23. Franklin takes only prescription drugs that the doctor prescribes for him. Is this an example of drug use, drug misuse, or drug abuse?

Use the prescription label shown below to answer the following questions. Write your answers in the spaces provided.

Home Town Pharmacy 200 Alameda Street		
Home Town, CA 619-992-9000		
RX 1257362	Dr. Takamura	10/15/93
		Refills: 0
		Drug Exp: 10/94
Smith, Pamela		
Take one tablet 4 times daily for 10 days.		
28 Penicillin V TAB 500mg		
Best if medication is taken on an empty stomach.		

24. When was the prescription filled?
25. Who is the prescription for?
26. Who wrote the prescription?
27. Where was the prescription filled?
28. How should the medication be taken?
29. What is the name of the medication?
30. What is the dosage of the medication?

NTI Day 5

Multiple Choice

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

- _____ 1. Which statement describes the most likely result of a teen becoming pregnant?
 - a. The teenage mother will be showered with gifts and attention.
 - b. The father of the child will marry her.
 - c. Both parents will have to make many sacrifices.
 - d. The parents will have access to free child care.

- _____ 2. Which of the following statements is correct?
 - a. Hepatitis B can be cured.
 - b. Hepatitis C can be cured.
 - c. Hepatitis B and C can be passed from person to person via sexual contact.
 - d. Hepatitis is an infection that injures the heart.

- _____ 3. Genital herpes is
 - a. caused by HIV.
 - b. a lifelong infection.
 - c. diagnosed by an abnormal Pap smear.
 - d. characterized by a yellow coloring of the skin.

- _____ 4. The STD that is growing at the fastest rate in U.S. 15-to-19-year-olds is
 - a. hepatitis.
 - b. chlamydia.
 - c. syphilis.
 - d. gonorrhea.

- _____ 5. What are some ways, other than sexual intimacy, to show affection for someone you love?
 - a. holding hands
 - b. telling the person you like to be with them
 - c. sending a card
 - d. all of the above

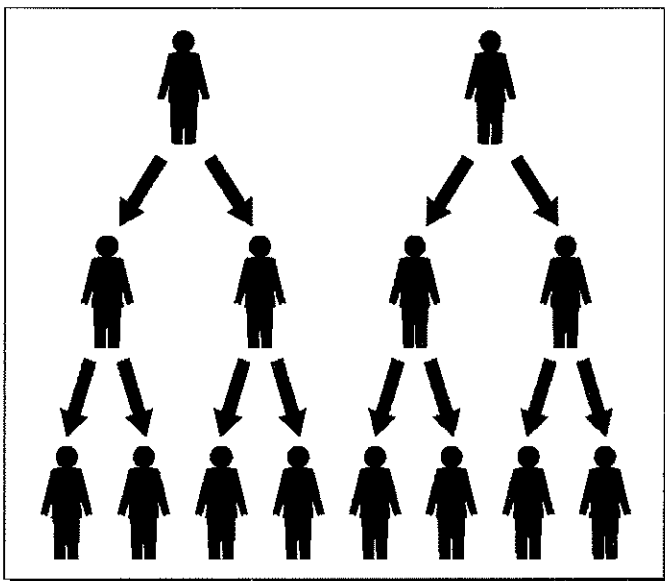
- _____ 6. Teenage girls who are sexually active are at great risk of getting an STD because
 - a. they are exposed to a large volume of body fluids and their cervixes are especially vulnerable to infection.
 - b. they do not know how to protect themselves.
 - c. they have more sexual partners than teenage boys do.
 - d. they don't communicate as well as teenage boys do.

- _____ 7. Female teens who become pregnant are
 - a. unlikely to graduate from high school.
 - b. likely to have less free time after the baby is born.
 - c. likely to have to make financial sacrifices.
 - d. all of the above

- _____ 8. Female teens are
 - a. less likely to get an STD than an adult is.
 - b. at a higher risk of getting an STD than an adult is.
 - c. less likely to become pregnant than an adult is.
 - d. all of the above

- _____ 9. Gonorrhea is a sexually transmitted disease that
- is always fatal.
 - can have symptoms of discharge but (especially in women) may cause no symptoms at all.
 - is caused by a virus.
 - all of the above
- _____ 10. Gonorrhea can infect the
- membranes of the penis and vagina.
 - throat.
 - rectum.
 - all of the above
- _____ 11. Syphilis can be treated by
- freezing the ulcers.
 - treating both parties with antibiotics simultaneously.
 - giving antiviral medications.
 - surgically removing the ulcers.
- _____ 12. Pelvic inflammatory disease can
- affect both men and women.
 - lead to abdominal pain, fever, and infertility.
 - be detected by the presence of painful blisters.
 - all of the above
- _____ 13. Chlamydia is an STD that
- is caused by a bacterium.
 - often has no symptoms.
 - a mother can pass on to her baby.
 - all of the above
- _____ 14. Chlamydia
- is often spread by people who don't know they have the disease.
 - can cause problems during a pregnancy.
 - can lead to infertility.
 - all of the above
- _____ 15. An STD that is characterized by painful blisters and for which there is no cure is
- chlamydia.
 - genital warts.
 - genital herpes.
 - syphilis.
- _____ 16. Babies born to teenage mothers are more likely to have health problems than those born to adults because
- teenagers usually get better nutrition than adults do.
 - teenage mothers are more likely to delay getting prenatal care.
 - teenagers are more likely to transmit STDs to their babies.
 - teenage bodies have finished growing.
- _____ 17. PID is a disease characterized by
- inflammation of the upper areas of the female reproductive tract.
 - pelvic or abdominal pain.
 - painful menstrual periods of long duration.
 - all of the above
- _____ 18. You can decrease your chances of getting an STD by
- practicing sexual abstinence.
 - not using alcohol or drugs.
 - learning the facts about STDs.
 - all of the above
- _____ 19. All of the following are safe ways to express affection for someone *except*
- holding hands.
 - sexual intercourse.
 - listening attentively.
 - hugging.

- ___ 20. To find out if you have an STD, you should
- talk to a counselor.
 - visit a doctor or clinic.
 - wait a week and see if the symptoms disappear.
 - get an over-the-counter drug.

Short Answer

- What does the figure above illustrate?
- If each person represented by the bottom row of the diagram gets an STD, who bears responsibility for the condition?
- What are some ways each person shown in the diagram might have expressed love for another without sexual intimacy?
- Suppose one of the individuals shown in the last row of the diagram was a friend of yours. He confides that a recent sexual partner just informed him that she has an STD. He asks you what he should do. What would you tell your friend?
- How is AIDS treated?
- Can an STD ever go away on its own?
- Someone who suspects that he or she has an STD should see a doctor immediately; take all the medications prescribed, even if symptoms go away; and return to the doctor to make sure the infection is cured. What are two other steps the person should take?
- In addition to washing with medicated shampoo, what precautions should a person take who has been diagnosed as having pubic lice?

Name: _____

ID: A

Essay

29. Angela tells you that about three weeks after she had intercourse with her husband, Rob, she developed a vaginal discharge and mild pain in her lower abdomen. She asked Rob if he had any symptoms, but he said no. Angela wonders if she should just ignore the symptoms or try to treat them with over-the-counter medications. How would you advise Angela? Explain.
30. Ray and Ali live in the same small town and have known each other since grammar school. Ray has dreams of being an Olympic swimmer, and Ali is looking forward to college. One night they get carried away, and Ali gets pregnant. Predict how this pregnancy will affect the goals of Ray and Ali.