

## Self-test Questions – Weight Management

1. Which examples illustrate the concept of weight management? (Check all that apply.)

- Taking a daily walk.
- Skipping breakfast every day as a way of reducing intake by 500 calories a day.
- Going on a high-protein, low-carbohydrate diet for 1 month.
- Adopting a long-term, low-fat eating style that includes regular exercise.
- Drinking a dietary supplement beverage every day in place of lunch.
- Including common chores as part of your daily physical activity (i.e., washing floors, raking leaves, walking stairs, etc.).

2. Mark the following statements TRUE or FALSE.

- Body Mass Index measures weight in relation to height, using a mathematical equation.
- In general, people with more body fat have a higher BMI.
- Body Mass Index involves weighing a person underwater.
- BMI is a guideline, and people should consult a doctor about achieving the weight that's right for them.
- BMI can only be used to assess the weight of adult women.

3. Rebecca is the 28-year-old mother of a 4-year-old. She weighs 146 pounds and is 5 feet 3 inches tall. Rebecca's secretarial job involves answering phones and sitting at a computer all day. She claims that she doesn't like to exercise and says that, whenever she has spare time, she enjoys watching TV.

- a. What is Rebecca's BMI?
- b. Which weight range is she in?
- c. What's one strategy you would suggest to Rebecca for managing her weight?

4. Fill in the blanks:

When the number of calories eaten equals the number of calories burned, the body is in \_\_\_\_\_. If you take in more calories than you use for energy, you'll gradually \_\_\_\_\_ weight. If you consume fewer calories than your body needs, you'll eventually \_\_\_\_\_ weight.

5. For each statement, circle the correct answer:

- a. The average woman needs ( 1000 / 2000 / 2700 ) calories a day.
- b. Shorter people usually need ( more / fewer ) calories than taller people.
- c. Breastfeeding women need ( more / fewer ) calories compared to their pre-pregnancy state.
- d. Athletes require ( more / less ) energy than non-active people.
- e. After a person reaches age 30, his calorie needs ( increase / decrease / remain the same ).

6. List five practical weight-management suggestions for someone who is overweight.

7. State three strategies for weight management for someone who is underweight.

8. Anna is trying to eat healthier, so for lunch she has a chef salad and a glass of milk. Unfortunately, her meal has more fat and calories than she thinks. Using a standard food-composition reference and the chart provided, look up the calorie, protein, fat, and carbohydrate content of her meal. (Note: Most clinics should have a copy of *Perspectives in Nutrition* by Gordon Wardlaw, which you can use for this activity. Refer to the food-composition table immediately following page 728.)

Salad Ingredient	Amount	Energy (kcal)	Carbohydrate (g)	Protein (g)	Fat (g)
Fresh romaine lettuce	2 cups				
Tomato, fresh	1 medium				
Pepper (sweet, green)	½ medium				
Cheese (cheddar, regular)	1½ ounces				
Ham (11% fat)	1 oz. (28.4 g)				
Hard-boiled egg	1 large				
Bacon	1 slice				
Seasoned croutons	½ cup				
Ranch salad dressing (regular)	2 tbsp.				
Whole milk (3.3% fat)	8 oz.				
<b>TOTALS</b>					

9. Next, look up the values for these lower-fat ingredients.

Salad Ingredient	Amount	Energy (kcal)	Carbohydrate (g)	Protein (g)	Fat (g)
Cheddar cheese (reduced-fat)	1½ ounces				
Ranch salad dressing (fat-free)	2 tbsp.				
Fat-free milk (skim milk)	8 oz.				

10. Now, go back and add up the total fat and calories in Anna's meal, but this time use the values for reduced-fat cheddar cheese (instead of regular cheddar), fat-free Ranch dressing (instead of regular dressing), and fat-free milk (instead of whole milk). How many calories and grams of fat are in the lower-fat meal?
  
11. Suppose Anna says she's willing to try the reduced-fat cheese and fat-free milk, but she doesn't like the idea of using fat-free dressing. Suggest at least one other option that she could try instead of using two tablespoons of regular dressing.

## Self-test Questions – Vegetarian Diets

1. Write the letter of each term next to its definition.

- (a) Lacto-vegetarians
- (b) Vegans
- (c) Semi-vegetarians
- (d) Lacto-ovo vegetarians

\_\_\_ eat only foods of plant origin; no animal products whatsoever.

\_\_\_ eat foods of plant origin, plus milk and milk products.

\_\_\_ eat foods of plant origin, as well as milk, milk products, and eggs.

\_\_\_ eat plant foods, eggs, milk, and milk products, plus fish or poultry on occasion.

2. Mark the following statements TRUE or FALSE.

\_\_\_\_\_ One advantage of a vegan diet is that it supplies large amounts of iron.

\_\_\_\_\_ Soy protein is a plant product that is considered to be a complete protein.

\_\_\_\_\_ Seaweed, miso, tempeh, tamari, sauerkraut, spirulina, and algae are all excellent sources of vitamin B<sub>12</sub>.

\_\_\_\_\_ If a vegetarian becomes pregnant, it is impossible for her to meet all of her nutrient needs while following a vegetarian diet.

3. List three sources of iron for someone following a vegetarian diet:

4. Vegans are at special risk of not getting enough of the following nutrients to meet their needs (check all that apply):

- iron
- vitamin K
- calcium
- sodium
- cholesterol
- energy
- fiber
- vitamin B<sub>12</sub>

5. List five food sources of calcium for someone who follows a vegan diet:

6. Appropriate dietary suggestions for vegans include (check all that apply):

- Rely on sunshine for vitamin D.
- Add nutritional yeast to foods as one source of vitamin B<sub>12</sub>.
- Always eat complementary proteins at the same meal.
- Eat a variety of foods from plant sources.
- For more calories, eat more whole-grain breads and cereals, legumes, nuts, and seeds.
- Limit heavily refined foods that are high in fat and sugar.

## Self-test Questions — Oral Health

1. Mark the following statements TRUE or FALSE.

\_\_\_\_\_ Tooth decay occurs when plaque on the teeth comes in contact with the sugar in a food or beverage.

\_\_\_\_\_ Tooth decay is an inherited tendency and cannot be prevented.

\_\_\_\_\_ Tooth decay only happens during childhood.

\_\_\_\_\_ Constant snacking on sugar-rich foods can contribute to tooth decay.

2. Gum disease (check all that apply):

\_\_\_ is also called periodontal disease.

\_\_\_ is the same thing as tooth decay.

\_\_\_ usually clears up on its own.

\_\_\_ can destroy the bone around the teeth.

\_\_\_ can result in tooth loss.

3. Gum disease is caused by (check all that apply):

\_\_\_ plaque.

\_\_\_ dentures.

\_\_\_ inadequate brushing and flossing.

\_\_\_ not enough fluoride in the drinking water.

\_\_\_ old toothbrushes.

4. Baby-bottle tooth decay (check all that apply):

\_\_\_ only happens in infants less than 1 year old.

\_\_\_ can result from routinely putting a baby to bed with a bottle with milk, formula, breastmilk, or juice.

\_\_\_\_\_ can result when a toddler is allowed to drink constantly from a bottle all day.  
\_\_\_\_\_ is a minor problem that parents don't need to worry about.

5. List at least four ways to help prevent baby-bottle tooth decay:



## **Self-test Questions – Cultural Dietary Practices**

1. Name one resource that provides information on cultural dietary practices.
  
2. List three key guidelines for enhancing cross-cultural communication: