

Chapter 10 Nutrition for Health

Chapter 10 Test A

I. Directions Write a plus (+) in the space provided if the statement is true. If the statement is false, cross out the underlined word or phrase and write the correct word or phrase in the space provided.

- _____ 1. The energy you need and receive from food is measured in nutrients.
- _____ 2. An environmental factor that can influence food choices is culture.
- _____ 3. Nutrients that provide energy include carbohydrates, fats, and vitamins.
- _____ 4. A type of carbohydrate that your body needs but cannot digest is starch.
- _____ 5. Eating plenty of foods rich in calcium can help reduce the risk of osteoporosis.
- _____ 6. A key Dietary Guideline is to get the most nutrition out of your nutrients.
- _____ 7. In MyPyramid, cheese and yogurt are placed in the proteins food group.
- _____ 8. Foods labeled healthy cannot contain genetically modified ingredients.
- _____ 9. Most cases of foodborne illness are caused by allergens in foods.
- _____ 10. Food sensitivity includes food allergy and food intolerance.

II. Directions Match each term in the left column with the best definition or description in the right column. Write the letter of your choice in the space provided.

- | | |
|--------------------|--|
| _____ 11. nutrient | a. nutrient needed for almost every body function |
| _____ 12. protein | b. one of the five major food groups in MyPyramid |
| _____ 13. water | c. basic building material of all the body's cells |
| _____ 14. fruits | d. one of the most common causes of food allergies |
| _____ 15. eggs | e. any substance in food that the body needs |

Mcgraw Hill Contemporary Nutrition Test 10 Answers

Betty Ann Anderson



Mcgraw Hill Contemporary Nutrition Test 10 Answers:

Nutrition and Diet Therapy Mary Ann Hogan, Daryle Wane, 2003 INTRODUCTION Welcome to the new Prentice Hall Reviews and Rationales Series This 9 book series has been specifically designed to provide a clear and concentrated review of important nursing knowledge in the following content areas Child Health Nursing Maternal Newborn Nursing Mental Health Nursing Medical Surgical Nursing Pathophysiology Pharmacology Nursing Fundamentals Nutrition and Diet Therapy Fluids Electrolytes often this is the person with the health problem but it may also be a significant other relative friend or another nurse Decide whether the stem is a true response stem or a false response stem With a true response stem the correct answer will be a true statement and vice versa Determine what the question is really asking sometimes referred to as the issue of the question Evaluate all answer options in relation to this issue and not strictly to the correctness of the statement in each individual option Eliminate options that are obviously incorrect then go back and reread the stem Evaluate the remaining options against the stem once more If two answers seem similar and correct try to decide whether one of them is more global or comprehensive If the global option includes the alternative option within it it is likely that the more global response is the correct answer THE NCLEX RN LICENSING EXAMINATION The NCLEX RN licensing examination is a Computer Adaptive Test CAT that ranges in length from 75 to 265 individual stand alone test items depending on individual performance during the examination Upon graduation from a nursing program successful completion of this exam is the gateway to your professional nursing practice The blueprint for the exam is reviewed and revised every three years by the National Council of State Boards of Nursing according to the results of a job analysis study of new graduate nurses practicing within the first six months after graduation Each question on the exam is coded to one Client Need Category and one or more Integrated Concepts and Processes Client Need Categories There are 4 categories of client needs and each exam will contain a minimum and maximum percent of questions from each category Each major category has subcategories within it The Client Need categories according to the NCLEX RN Test Plan effective April 2001 are as follows Safe Effective Care Environment Management of Care 7 13% Safety and Infection Control 5 11 % Health Promotion and Maintenance Growth and Development Throughout the Lifespan 7 13% Prevention and Early Detection of Disease 5 11 % Psychosocial Integrity Coping and Adaptation 5 11% Psychosocial Adaptation 5 11% Physiological Integrity Basic Care and Comfort 7 13% Pharmacological and Parenteral Therapies 5 11% Reduction of Risk Potential 12 18 % Physiological Adaptation 12 18% Integrated Concepts and Processes The integrated concepts and processes identified on the NCLEX RN Test Plan effective April 2001 with condensed definitions are as follows Nursing Process a scientific problem solving approach used in nursing practice consisting of assessment analysis planning implementation and evaluation Caring client nurse interaction s characterized by mutual respect and trust and directed toward achieving desired client outcomes Communication and Documentation verbal and or nonverbal interactions between nurse and others client family health care team a written or

electronic recording of activities or events that occur during client care Cultural Awareness knowledge and sensitivity to the client's beliefs, values, and how these might impact on the client's healthcare experience Self Care assisting clients to meet their health care needs which may include maintaining health or restoring function Teaching Learning facilitating client's acquisition of knowledge, skills, and attitudes that lead to behavior change More detailed information about this examination may be obtained by visiting the National Council of State Boards of Nursing website at <http://www.ncsbn.org> and viewing the NCLEX-RN Examination Test Plan for the National Council Licensure Examination for Registered Nurses

HOW TO GET THE MOST OUT OF THIS BOOK

Chapter Organization

Each chapter has the following elements to guide you during review and study:

- Chapter Objectives** describe what you will be able to know or do after learning the material covered in the chapter
- OBJECTIVES** Review basic principles of growth and development Describe major physical expectations for each developmental age group Identify developmental milestones for various age groups Discuss the reactions to illness and hospitalization for children at various stages of development
- Review at a Glance** contains a glossary of key terms used in the chapter with definitions provided up front and available at your fingertips to help you stay focused and make the best use of your study time
- Pretest** this 10 question multiple choice test provides a sample overview of content covered in the chapter and helps you decide what areas need the most or the least review
- Practice to Pass** questions these are open ended questions that stimulate critical thinking and reinforce mastery of the chapter content
- NCLEX Alerts** the NCLEX icon identifies information or concepts that are likely to be tested on the NCLEX licensing examination Be sure to learn the information flagged by this type of icon
- Case Study** found at the end of the chapter it provides an opportunity for you to use your critical thinking and clinical reasoning skills to put it all together it describes a true to life client case situation and asks you open ended questions about how you would provide care for that client and/or family
- Posttest** a 10 question multiple choice test at the end of the chapter provides new questions that are representative of chapter content and provide you with feedback about mastery of that content following review and study

All pretest and posttest questions contain rationales for the correct answer and are coded according to the phase of the nursing process used and the NCLEX category of client need called the Test Plan The Test plan codes are:

- PHYS Physiological Integrity
- PSYC Psychosocial Integrity
- SECE Safe Effective Care Environment
- HPM Health Promotion and Maintenance

CD ROM For those who want to practice taking tests on a computer the CD ROM that accompanies the book contains the pretest and posttest questions found in all chapters of the book In addition it contains 10 NEW questions for each chapter to help you further evaluate your knowledge base and hone your test taking skills In several chapters one of the questions will have embedded art to use in answering the question Some of the newly developed NCLEX test items are also designed in this way so these items will give you valuable practice with this type of question

Companion Website (CW) The companion website is a virtual reference for virtually all your needs The CW contains the following:

- 50 NCLEX style questions
- 10 pretest
- 10 posttest
- 10 CD ROM and 20 additional new questions

Definitions of key terms the glossary is also stored on the companion website for ease of reference In Depth With NCLEX features drawings or photos that are each accompanied by a one to two paragraph explanation These are especially useful when describing something that is complex technical such as equipment or difficult to mentally visualize Suggested Answers to Practice to Pass and Case Study Questions easily located on the website these allow for timely feedback for those who answer chapter questions on the web Nursing Notes Clinical Reference Card This laminated card provides a reference for frequently used facts and information related to the subject matter of the book These are designed to be useful in the clinical setting when quick and easy access to information is so important ABOUT THE NUTRITION AND DIET THERAPY BOOK Most nurses have limited experience in the field of nutrition while most nutritionists have limited experience in the field of nursing This book attempts to merge the knowledge of these two distinct disciplines into one reference source that addresses management of client nutrition in the context of the nursing practice Chapters in this book cover need to know information about nutritional science with direct application to the nursing process This book provides a comprehensive overview of nutritional principles and delves into building block elements macronutrients and micronutrients and basics of nutritional biochemistry to provide the reader with a clear concise explanation of nutritional principles Individual chapters focus on developmental areas of nutrition across the lifespan nutritional therapeutics nutritional support and therapeutic diets and nutritional supplements The last chapter examines the nutritional management of clients who experience multisystem disorders This book is intended for use as one resource in managing a client s nutritional status and should be used in conjunction with appropriate referrals and collaboration with registered dietitians to provide client care and determine specific nutritional outcomes

Science and Application of High-Intensity Interval Training Paul Laursen, Martin Buchheit, 2019-01-02 The popularity of high intensity interval training HIIT which consists primarily of repeated bursts of high intensity exercise continues to soar because its effectiveness and efficiency have been proven in use by both elite athletes and general fitness enthusiasts Surprisingly few resources have attempted to explain both the science behind the HIIT movement and its sport specific application to athlete training That s why Science and Application of High Intensity Interval Training is a must have resource for sport coaches strength and conditioning professionals personal trainers and exercise physiologists as well as for researchers and sport scientists who study high intensity interval training Authors Paul Laursen and Martin Buchheit both well known expert level HIIT researchers as well as practitioners and endurance athletes do a masterful job of blending science based concepts of HIIT with practical application strategies Laursen Buchheit and a team of highly qualified contributors who bring hundreds of years of combined HIIT science and application experience from across all sports have written Science and Application of High Intensity Interval Training to provide practitioners and athletes an understanding of the foundational principles of HIIT programming Chapters in the first section describe five types of training how to manipulate HIIT variables to maximize improvements in physical performance and how to

incorporate HIIT into a general training program Readers will also learn the influence HIIT can have on fatigue stress and an athlete s overall health The final 20 chapters each focus on a different sport and are written by leading coaches or practitioners who have successfully applied HIIT principles at an elite level in their respective sport These chapters describe specific ways to incorporate HIIT into a training regimen for everything from combat sports to endurance events to the most popular U S and international individual and team sports Each chapter also contains sport specific preparation and competition phases an overall one year training program and a brief story of how the coach or practitioner who authored the chapter used HIIT to successfully prepare an athlete for a competition Knowing the proper ways to incorporate high intensity interval training into a fitness or conditioning program is of vital importance Not following proper protocols can lead to excessive and prolonged fatigue illness or injury Science and Application of High Intensity Interval Training is an essential guide for those who want to incorporate HIIT into their own training or their athletes programming Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam

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