

Mastering Basic Human Nutrition

Assessment Questions

Module 1: Core Principles of Nutrition and Meal Planning

Which of the following is a macronutrient?

- a) Vitamin C
- b) Iron
- c) Protein
- d) Calcium

(Answer: c) Protein

What role do micronutrients play in the body?

- a) Provide energy
- b) Support various bodily functions and overall health
- c) Maintain muscle mass
- d) Provide hydration

(Answer: b) Support various bodily functions and overall health

Which of these foods is considered nutrient-dense?

- a) Soda
- b) Potato chips
- c) Whole grains
- d) Candy

(Answer: c) Whole grains

What is the main benefit of portion control in a balanced diet?

- a) Increases calorie intake
- b) Prevents overconsumption of nutrients
- c) Reduces the need for physical activity
- d) Limits nutrient diversity

(Answer: b) Prevents overconsumption of nutrients

When creating a meal plan, which of the following should you consider?

- a) Health goals
- b) Dietary preferences
- c) Lifestyle factors
- d) All of the above

(Answer: d) All of the above

Alignment

TLO 1: Learners will be able to identify the core principles of nutrition.

(1) Which of the following is a macronutrient?

Alignment: *ELO 1.1 – Define key macronutrients and micronutrients.*

(2) What role do micronutrients play in the body?

Alignment: *ELO 1.1 – Define key macronutrients and micronutrients.*

(3) Which of these foods is considered nutrient-dense?

Alignment: *Sub-ELO 1.1.a – Identify nutrient-dense foods from various food groups.*

(4) What is the main benefit of portion control in a balanced diet?

Alignment: *Sub-ELO 1.1.b – Apply the concept of a balanced diet, including portion control.*

TLO 2: Learners will be able to design personalized, sustainable meal planning and grocery shopping strategies.

(5) When creating a meal plan, which of the following should you consider?

Alignment: *ELO 2.1 – Develop a personalized meal plan based on health goals, dietary needs, and lifestyle factors.*

Module 2: Overcoming Barriers and Evaluating Nutrition Plans

Which of the following is a common barrier to healthy eating?

- a) Access to a grocery store
- b) Time constraints
- c) Nutrient-dense foods
- d) Hydration

(Answer: b) Time constraints

What is mindful eating?

- a) Eating without distractions
- b) Eating quickly to save time
- c) Eating only junk food
- d) Focusing on the flavors and textures of food while eating slowly

(Answer: d) Focusing on the flavors and textures of food while eating slowly

Which strategy can help prevent emotional eating?

- a) Ignoring hunger cues
- b) Recognizing triggers and planning alternatives
- c) Skipping meals
- d) Eating large portions

(Answer: b) Recognizing triggers and planning alternatives

Which tool can help track nutrient intake over time?

- a) A calculator
- b) A food diary app
- c) Social media
- d) A fitness magazine

(Answer: b) A food diary app

How can you maintain healthy eating habits in social situations?

- a) By always avoiding social gatherings
- b) By choosing nutrient-dense options and portioning mindfully
- c) By skipping meals beforehand
- d) By eating only desserts

(Answer: b) By choosing nutrient-dense options and portioning mindfully

Alignment

TLO 3: Learners will be able to recognize barriers to healthy eating through the application of mindful eating and behavior change strategies.

(1) Which of the following is a common barrier to healthy eating?

Alignment: *ELO 3.1 – Identify common barriers to healthy eating.*

(2) What is mindful eating?

Alignment: *ELO 3.2 – Identify mindful eating techniques.*

(3) Which strategy can help prevent emotional eating?

Alignment: *Sub-ELO 3.2.a – Develop a plan to manage food cravings and prevent emotional eating.*

TLO 4: Learners will be able to evaluate their nutrition plan based on progress, goals, and lifestyle changes.

(4) Which tool can help track nutrient intake over time?

Alignment: *ELO 4.1 – Utilize digital tracking tools to monitor intake and progress.*

(5) How can you maintain healthy eating habits in social situations?

Alignment: *ELO 4.2 – Develop strategies for maintaining healthy eating habits in various settings.*