

Section 2 Quiz

最新提交作业的评分

85.71%

1. Which of the following is true of nutrient density?

1/1 分

- ☐ It is a conceptual way of judging the relative health benefits of any given food by examining the ratio of calories in the food divided by its nutritional value
- ☐ It is a conceptual way of judging the relative health benefits of any given food by examining the ratio of calories in the food divided by its cost
- ☒ It is a conceptual way of judging the relative health benefits of any given food by examining the ratio of nutritional value in the food divided by its energy content
- ☐ Nutrient density tends to be higher in foods that are more highly processed.
- ☐ Leafy greens tend to be less nutrient dense than sodas.

✓

正确

Nutrient density refers to the concept of looking at the nutritional value of a food divided by its energy content (or total calories). It does not consider food cost. Highly processed foods tend to have a large amount of calories with relatively little nutritional value (and are thus not very nutrient dense). In comparison, a fresh, whole food like spinach tends to be low in calories but high in nutritional value, making it very nutrient dense.

2. Extensive food processing tends to:

1/1 分

- ☐ Decrease nutrient content and increase the spoil rate
- ☐ Decrease nutrient and decrease salt content
- ☐ Increase nutrient content and increase salt content
- ☐ Increase nutrient content and increase calorie content
- ☒ Decrease nutrient content and decrease the spoil rate

✓

正确

Removing certain nutrients from foods during extensive processing decreases nutrient content and prevents foods from spoiling quickly, thus extending shelf life. Processed foods tend to have a higher added salt, fat, and sugar content to make them attractive to the consumer.

3. Based on the 2015 World Health Organization Recommendations on sugar intake, which of the following items should be limited in the diet?

1/1 分

- ☐ Milk
- ☒ Honey
- ☐ Sweet fruits like grapes
- ☐ Starchy vegetables like potatoes
- ☐ Intrinsic sugars

✓

正确

The WHO recommends reducing free sugars and sugars from sources like honey and syrups, without putting a limitation on intrinsic sugars in fruits, vegetables, and milk.

4. An active 24 year old male, with an average energy intake of 3,000 calories/day, decides to reduce his free sugar intake to 5% or less of total calories in accordance with the 2015 WHO recommendations. Which of the following accurately describes his maximum free sugar intake?

1/1 分

- ☐ His free sugar intake maximum is 3,000 calories x 5% from sugar = 150 calories, along with a strict limitation on intrinsic sugars
- ☒ His free sugar intake maximum is 3,000 calories x 5% from sugar = 150 calories, along with no limitation on intrinsic sugars
- ☐ His free sugar intake maximum should be based on a 2,000 calorie diet regardless of his actual calorie intake and have a strict limitation on intrinsic sugars
- ☐ His free sugar intake maximum should be based on a 2,000 calorie diet regardless of his actual calorie intake and have no limitation on intrinsic sugars

✓

正确

To calculate maximum free sugar intake based on the WHO's 5% sugar recommendation, multiply the number of calories consumed per day by 5%. For this active individual, we should use his average of 3,000 calories per day. Based on WHO recommendations, this 5% refers to free sugars (like added sugar, honey, and syrup) and not intrinsic sugars (like those in milk and fruits).

5. Which of the following is NOT accurate about home cooking? (Four statements are true. Pick the one INACCURATE statement.)

1/1 分

- ☐ There are obstacles to home cooking, but it is possible to overcome these obstacles.
- ☐ Home-cooked food tends to be healthier than processed food.
- ☐ Cooking at home can improve eating behaviors, such as by decreasing snacking alone or increasing the number of meals at the table with family.
- ☐ Passing on cooking knowledge to younger generations and involving them in cooking can create a sustainable health-promoting movement.
- ☒ Though home cooking has several benefits, cooking at home is not practical and should be avoided.

✓

正确

There are many obstacles to home cooking, including time, energy, skill, and money. However, by planning ahead, sharing the work, improving over time, and doing the best with the available resources, we can overcome these obstacles and yield the health benefits of home cooking, which tends to be healthier than processed food. Cooking can involve the whole family, teaching valuable skills to younger generations to promote their own health. It can also lead to healthier eating habits (less snacking, more regular meals together with family), and thus home cooking as much as possible is highly recommended for everyone.

6. Which of the following is one of the metabolic abnormalities associated with “Metabolic Syndrome”?

0/1 分

- ☐ Low plasma sodium levels
- ☐ Low blood pressure
- ☐ Low fasting plasma glucose
- ☐ High serum triglycerides
- ☒ High high-density lipoprotein (HDL) levels

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错误

Metabolic Syndrome is characterized by the following: increased blood pressure (hypertension), increased fasting plasma glucose (hyperglycemia), high serum triglycerides (hyperlipidemia), and low HDL levels.

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7. Which of the following is likely the most unsustainable change someone could make in their diet?

1/1 分

- ☐ Substitute consumption of sugar-sweetened beverages with flavored sparkling water.
- ☒ Commit to a completely vegan diet, which is typically healthier than a meat-heavy diet.
- ☐ Pick one day each week to prepare and enjoy a plant-based meal at home.
- ☐ Decrease the consumption of impulse foods by choosing to eat meals while seated at a table.
- ☐ Increase the number of home-cooked meals at home.

✓

正确

Step-wise change tends to be more sustainable than rapid, large change. Small behavioral changes, like making healthier substitutions (rather than eliminating foods completely) and increasing healthy behaviors gradually tend to be more sustainable than a complete dietary change. Consider the role of food-related behaviors (like eating at the table or reducing snacks outside of meals) as well.