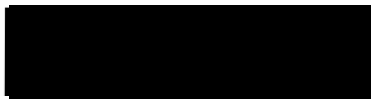


Worst example.

HED 325 -- Fall 2010

Test Development and Analysis

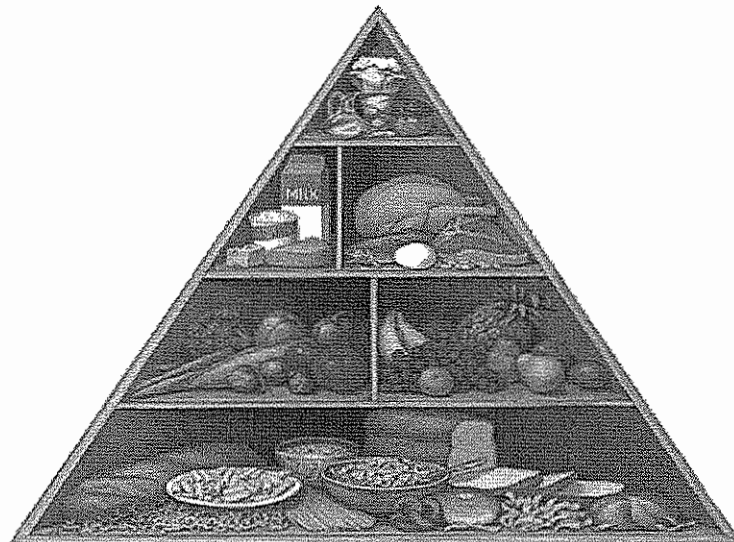
Project



Grade 8 Nutrition Exam Chapters 1 and 2

OBECTIVES

1. Student will identify components of nutrition..
2. Students will identify the different functions, deficiencies, toxicities and any special information learned in the class about all of the vitamins and minerals.
3. Student will identify the different food groups
4. Student will identify what types of foods are high in carbohydrates, proteins and fats based information learned in class.
5. Students will identify knowledge of the digestive process.



Multiple Choice Questions

Directions: For items 1 through 20, place the correct letter on the answer sheet provided that corresponds to the best answer for each question.

1. Which of the following best describes nutrition?
 - A. Basic nutrients that supply the body with energy needed to sustain normal activity
 - B. The comparison of a certain volume or weight of the energy source with its ability to produce heat
 - C. The elements of food that physiologically sustain us
 - D. The science that investigates the relationship between physiological function, health and the food we eat.

2. A calorie is defined as the amount of heat necessary to raise the temperature of:
 - A. 1 pound of water by 1°F
 - B. 1 pound of water by 1°C
 - C. 1 gram of water by 1°F
 - D. 1 gram of water by 1°C

3. The average adult requirement of calories per day is:
 - A. 1000-2000
 - B. 1500-2500
 - C. 2000-3000
 - D. 3000-4000

4. Of the following substances, which supplies the body with amino acids?
 - A. Proteins
 - B. Fats
 - C. Carbohydrates

D. Minerals

5. The caloric yield of fats is:

- A. 4 calories per gram
- B. 5 calories per gram
- C. 7 calories per gram
- D. 9 calories per gram

Q1-3 (OBJ#1)

Q4-5 (OBJ#2)

6. Which of the following provide the body with necessary electrolytes?

- A. Vitamins
- B. Proteins
- C. Minerals
- D. Fiber

7. Individuals who eat vegetarian diets may be lacking:

- A. Amino acids
- B. Vitamins
- C. Electrolytes
- D. Iron

8. Nuts are

- A. fattening no matter what
- B. high-calorie but good for you
- C. mostly full of trans fats
- D. all of the above

9. A “good” type of fat is

- a. hydrogenated oil
- b. monosaturated and polysaturated fat
- c. trans fat and saturated fat
- d. all of the above

10. How long does the entire digestive process take?

- A. 8 hours
- B. 12 hours

- C. 24 hours
- D. 48 hours

11. Next to water, _____ are the most abundant substances in the human body.

- A. carbohydrates
- B. fiber
- C. protein
- D. fats

Q6-7 (OBJ 2) Q8-9 (OBJ 4)

Q10 (OBJ 5) Q11(OBJ 1)

12. This vitamin is needed to prevent a birth defect called Spina Bifida.

- A. Vitamin D
- B. Vitamin A
- C. Folic Acid
- D. Vitamin E

13. Which vitamin can only be obtained from sunlight and supplements?

- A. E
- B. K
- C. D
- D. B

14. Low calories diets can put you at risk for?

- A. Insufficient nutrients
- B. Gaining weight
- C. Cancer
- D. Osteoporosis

15. Peas and beans are good source of

- A. Protein
- B. Monosaturated fat
- C. Cholesterol
- D. Vitamin C

16. Which strategy will help you identify high fiber breads to maximize your quality carbohydrate intake?

- A. Choose a whole grain bread that lists a whole grain as the first ingredient.
- B. Try to purchase breads with 1 or 2 grams of fiber per slice

- C. Look for a bread that is dark in color. The darker it is, the greater the chance of good quality fiber.
- D. Try to purchase a low calorie bread

17. What is the most common nutrient deficiency world wide?

- A. Fat deficiency
- B. Iron deficiency
- C. Fiber deficiency
- D. Calcium deficiency

Q12-14.(OBJ 2) Q15 (OBJ3) Q16(OBJ3) Q17 (OBJ 2)

18. What type of carbohydrates is found primarily in fruits?

- A. Glucose
- B. Dextrose
- C. Simple carbohydrates
- D. Complex carbohydrates

19. What is the most crucial nutrient?

- A. Water
- B. Fiber
- C. Minerals
- D. Starches

20. All of the following are needed for strong bones except?

- A. Vitamin A
- B. Calcium
- C. Magnesium
- D. Vitamin D

Matching Questions

Directions: For items 1 through 3, match the vitamins in Part B with the deficiency disease in Part A.

Part A

1. _____ Scurvy
2. _____ Rickets
3. _____ Beriberi

Part B

- a. Vitamin A
- b. Vitamin B
- c. Vitamin C
- d. Vitamin D
- e. Vitamin E

Q.18 (OBJ 4) Q.19(OBJ1) Q.20 AND MATCHING SECTION (OBJ2)

Directions: For items 1 through 7, match the word in Part A with the correct definition in Part B

Part A

- | | |
|-----------------|------------------|
| A. Metabolism | I. Beef |
| B. Kidney | J. Peanut Butter |
| C. Carbohydrate | K. Carrots |
| D. Antioxidant | L. Amino acid |
| E. Plaque | M. Vegan |
| F. Fiber | N. Cholesterol |
| G. Vegetarian | |

Part B

1. ____ An organ that filters waste from the blood and produces urine
2. ____ Chemical process by which the body breaks down food to release energy
3. ____ A nutrient that supplies energy
4. ____ A person who does not eat meat
5. ____ Indigestible portion of plant foods
6. ____ Cholesterol buildup on inner walls of arteries
7. ____ A form of fat circulating in the blood
8. ____ Which is the best source of magnesium
9. ____ The building blocks of proteins
10. ____ Which is the best source for zinc

Q.1-10 (OBJ 1 AND 2)

NAME _____

Please answer questions on the answer sheet provided

1. While orange juice certainly contains Vitamin C, name at least two other foods that have even more vitamin C per weight than oranges. (4pts)
2. What causes anemia? How are the symptoms of anemia? Which group of people are most often affected? How is it treated? (4pts)
3. Name the six food groups and give one example of each. (12pts)

Q.1 (OBJ2) Q.2 OBJ2 Q.3(OBJ3)

SHORT ANSWERS

1. While orange juice certainly contains Vitamin C, name at least two other foods that have even more vitamin C per weight than oranges. (4pts)

Kiwi, grapefruit, Barbados cherry. May be more fruits students given a list.

2. What causes anemia? How are the symptoms of anemia? Which group of people is most often affected? How is it treated?

Anemia is a problem resulting from the body's inability to produce hemoglobin, the bright red, oxygen- carrying component of the blood. It affects toddlers, adolescent girls and women. The iron -deficient person feels tired and run down. The causes can be iron deficiency, blood loss, cancers, ulcers and other conditions. It is usually treated by fixing the ailment or by taken iron supplements.

3. Name the six food groups and give one example of each. (12pts)

Grains- bread

Vegetables- carrots

Fruits- banana

Dairy- cheese

Meat and beans- steak and green beans

Oils- olive oil

SHORT ANSWERS

1.

2.

3.

References

1. R. Donettel, "Health the Basics" 7th edition: 240-272
- 2 .Answers.com <http://www.answers.com/topic/calorie>
3. Shelton State University
<http://faculty.sheltonstate.edu/~aevans/Nutrition%20Questions%20Multiple%20Choice%20and%20Matching.doc>

Directions:

- 1 This is a test administered to 20 students. The maximum points was 100.
- 2 **FIRST** Rank all the scores from highest to lowest **ON SEPARATE PAGE**
- 3 Be sure to keep the student with his/her score.
- 4 Convert **ALL** scores to whole number (round up to higher value)
- 5 Compute standard deviation values to 2 decimal places. (OTHER THAN CLASS SD)

ORIGINAL DATA

Max = 100

Student	Scores	Percent	Standard	Percentile Rank	Stanine Score	Scale Score	Converted Score	Letter Grade
2	98	98						A
16	97	97						A
18	95	95						A
1	94	94						A
7	94	94						A
5	90	90						A-
12	89	89						B+
8	88	88						B+
13	86	86						B
10	84	84						B
3	81	81						B-
9	80	80						B-
6	78	78						C+
14	78	78						C+
15	77	77						C
4	77	77						C
20	74	74						C
19	73	73						C-
17	70	70						C-
11	67	67						D

Cl. Ave

	84
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 whole #
 Cl. Stdev

	9
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 whole #

Scale=

300	400	500	600	700
60	70	80	90	100

Student	Scores	Percent	Standard	Percentile Rank	Stanine Score	Scale Score	Converted Score	Letter Grade
2	98	98	1.59	97.5	8.2	656	94	A
16	97	97	1.48	92.5	8.0	644	92	A
18	95	95	1.26	87.5	7.5	622	89	A
1	94	94	1.15	80	7.3	611	87	A
7	94	94	1.15	80	7.3	611	87	A
5	90	90	0.71	72.5	6.4	567	81	A-
12	89	89	0.60	67.5	6.2	556	79	B+
8	88	88	0.49	62.5	6.0	544	78	B+
13	86	86	0.27	57.5	5.5	522	75	B
10	84	84	0.05	52.5	5.1	500	71	B
3	81	81	-0.27	47.5	4.5	467	67	B-
9	80	80	-0.38	42.5	4.2	456	65	B-
6	78	78	-0.60	35	3.8	433	62	C+
14	78	78	-0.60	35	3.8	433	62	C+
15	77	77	-0.71	25	3.6	422	60	C
4	77	77	-0.71	25	3.6	422	60	C
20	74	74	-1.04	17.5	2.9	389	56	C
19	73	73	-1.15	12.5	2.7	378	54	C-
17	70	70	-1.48	7.5	2.0	344	49	C-
11	67	67	-1.81	2.5	1.4	311	44	D

Score	f	cf	cfm	%TILE RANK
98	1	20	19.5	97.5
97	1	19	18.5	92.5
95	1	18	17.5	87.5
94	2	17	16	80
90	1	15	14.5	72.5
89	1	14	13.5	67.5
88	1	13	12.5	62.5
86	1	12	11.5	57.5
84	1	11	10.5	52.5
81	1	10	9.5	47.5
80	1	9	8.5	42.5
78	2	8	7	35
77	2	6	5	25
74	1	4	3.5	17.5
73	1	3	2.5	12.5

70	1	2	1.5	7.5
67	1	1	0.5	2.5

Describe this class in terms of:**1 Percent Distribution**

Range	Number	Percent
90-100	6	30%
80-90	6	30%
70-80	7	35%
60-70	1	5%

2 Standard Deviation

Ave = 80

SD = 6

Range	SD	#	%
102-111	+3		
93-102	+2		
84-93	+1		
84	0		
75-84	-1		
66-75	-2		
57-66	-3		

3 Percentile distribution (10 pt. intervals)**Example**

% tiles	Number	Percent	
75-100	5	25%	4th quartile
50-75	5	25%	3rd quartile
25-50	6	30%	2nd quartile
0-25	4	20%	1st quartile

4 Stanine distribution**Example**

Stanine	Number	Percent
1,2,3	8	40%
4,5,6	7	35%
7,8,9	5	25%

5 Scale Score Distribution (50 pt intervals)

Example

Scale Score	Number	Percent
650-700	1	5%
600-650	4	20%
550-600	2	10%
500-550	3	15%
450-500	2	10%
400-450	4	20%
350-400	2	10%
300-350	2	10%

6 Converted Score Distribution (50 pt. intervals)

Example

Conv. Score	Number	Percent
650-700		
600-650		
550-600		
500-550		
450-500		
400-450		
350-400		
300-350		

7 Letter grade distribution (based on percent grade)

Example

Range	Letter Gr	Number	Percent
94-100	A	5	25%
90-94	A-	1	5%
88-90	B+	2	10%
84-88	B	2	10%
80-84	B-	2	10%
78-80	C+	2	10%
74-78	C	3	15%
70-74	C-	2	10%
68-70	D+	0	0%
64-68	D	1	5%
60-64	D-	0	0%