1. What organ of the pregnant woman is central to the exchange of nutrients for waste products with the fetus?
   a. Uterus
   b. Vagina
   c. Placenta
   d. Amniotic sac

2. A newly fertilized egg is known as a(n)
   a. fetus.
   b. ovum.
   c. zygote.
   d. embryo.

3. What is the name given to the human organism two to eight weeks after fertilization and the stage at which the digestive system is formed?
   a. Fetus
   b. Embryo
   c. Ectoderm
   d. Mesoderm

4. What is the term given to the developing infant from the eighth week after conception until birth?
   a. Fetus
   b. Ovum
   c. Zygote
   d. Embryo

5. During development of the fetus, what organ(s) are the first to reach maturity?
   a. Heart and lungs
   b. Liver and kidneys
   c. Gastrointestinal tract
   d. Central nervous system and brain

6. All of the following statements are specific to the critical periods of cell division except
   a. malnutrition during pregnancy can affect fetal cell division.
   b. malnutrition during critical periods can have irreversible effects.
   c. high-nutrient-density food fed after the critical period can remedy a growth deficit.
   d. whatever nutrients are needed during a critical period must be supplied at that time.

7. What term is given to the time period during which irreversible damage to the fetus may occur from specific events such as malnutrition or exposure to toxins?
   a. First trimester
   b. Critical period
   c. Fertility period
   d. Conceptual period

8. The neural tube forms the early parts of the
   a. umbilical cord.
   b. liver and pancreas.
   c. gastrointestinal tract.
   d. brain and spinal cord.
9. An infant born with incomplete closure of the spinal cord has
   a. spina bifida.
   b. macrosomia.
   c. anencephaly.
   d. neural tube seizure.

10. The most common forms of neural tube defects are spina bifida and
    a. macrosomia.
    b. anencephaly.
    c. preeclampsia.
    d. cesarean section.

11. What organ is most affected in anencephaly?
   a. Liver
   b. Heart
   c. Brain
   d. Pancreas

12. Which of the following nutrients taken as a prenatal supplement has been found to be associated with a lower incidence of neural tube defects?
   a. Iron
   b. Folate
   c. Calcium
   d. Cobalamin

13. What is the most reliable indicator of an infant's future health status?
    a. Infant's birthweight
    b. Mother's weight before pregnancy
    c. Mother's weight gain during pregnancy
    d. Mother's nutrition status prior to pregnancy

14. What is the recommended range of weight gain during pregnancy for a normal-weight woman?
    a. 10-18 lbs
    b. 19-24 lbs
    c. 25-35 lbs
    d. 38-44 lbs

15. All of the following are normal body responses to pregnancy except
    a. breast size increases.
    b. blood volume increases.
    c. body water level decreases.
    d. joints become more flexible.

16. To maintain physical fitness during pregnancy, all of the following activities are considered acceptable except
    a. saunas.
    b. swimming.
    c. playing singles tennis.
    d. 45-minute balanced exercise sessions 3 times/week.

17. What is the recommended increase in energy intake for the third trimester of pregnancy?
    a. 200 kcal/day
    b. 300 kcal/day
    c. 450 kcal/day
    d. 440 kcal/day
18. Which of the following statements characterizes energy needs during pregnancy?
   a. The need is proportionally greater than for most other nutrients.
   b. The increased needs are similar at the beginning and end of pregnancy.
   c. The needs increase by similar amounts in teenagers and 30-year-old women.
   d. The increased need is equivalent to the amount supplied by about 5 extra slices of bread per day.

19. Of the following nutrient needs, which is considered the most difficult to meet during pregnancy?
   a. Iron
   b. Protein
   c. Vitamin D
   d. Vitamin B₆

20. The common problems of pregnancy include all of the following except
   a. nausea.
   b. heartburn.
   c. constipation.
   d. low blood pressure.

21. Which of the following is the standard classification for a low-birthweight infant?
   a. 3 1/2 lbs or less
   b. 4 lbs or less
   c. 5 1/2 lbs or less
   d. 6 1/2 lbs or less

22. What is gestational diabetes?
   a. A severe form of type 1 diabetes in newborns
   b. Abnormal blood glucose maintenance during pregnancy
   c. Reactive hypoglycemia expressed during the third trimester of pregnancy
   d. A temporary loss of insulin secretion during the first trimester of pregnancy

23. All of the following are features of preeclampsia except
   a. edema.
   b. diabetes.
   c. proteinuria.
   d. high blood pressure.

24. With few exceptions, all of the following substances or practices should be totally eliminated during pregnancy except
   a. cigarette smoking.
   b. weight-loss dieting.
   c. artificial sweeteners.
   d. alcohol consumption.

25. Which of the following is a function of prolactin?
   a. Acts to reverse the effects of certain mutagens
   b. Acts to reverse the effects of certain teratogens
   c. Acts on mammary glands to stimulate milk release
   d. Acts on mammary glands to promote milk production

26. In general, what are the chief consequences of nutritional deprivation in the lactating mother?
   a. Cessation of lactation
   b. Reduced quality of milk
   c. Reduced quantity of milk
   d. Reduced quality and quantity of milk
27. Which of the following is **not** among the major food safety concerns of the FDA?
   a. Pesticide residues  
   b. Proper food disposal  
   c. Environmental contaminants  
   d. Nutritional adequacy of foods

28. According to the Centers for Disease Control, how many people in the United States experience foodborne illness every year?
   a. 0.5 million  
   b. 12 million  
   c. 76 million  
   d. 150 million

29. What branch of the Department of Health and Human Services is responsible for **monitoring** foodborne illness?
   a. EPA  
   b. FAO  
   c. CDC  
   d. WHO

30. Which of the following is an example of food intoxication?
   a. Addition of alkaline and acidic agents to foods  
   b. Illness produced by acute overconsumption of high-fat foods  
   c. Addition of alcohol-containing beverages in the cooking of foods  
   d. Illness produced from ingestion of food contaminated with natural toxins

31. Which of the following is a characteristic of botulism?
   a. A chief symptom is diarrhea.  
   b. A full recovery may take years.  
   c. It is caused by the organism *Staphylococcus aureus*.  
   d. It is a toxicant produced in foods stored under aerobic conditions.

32. What organism produces the most common food toxin?
   a. *E. coli*  
   b. *Giardia lamblia*  
   c. *Clostridium botulinum*  
   d. *Staphylococcus aureus*

33. The most common symptoms of foodborne infection include all of the following **except**
   a. fever.  
   b. cramps.  
   c. diarrhea.  
   d. double vision.

34. Which of the following would most likely result from placing cooked hamburger patties on the same plate that held the uncooked patties?
   a. Flavor declination  
   b. Meat juice retention  
   c. Fat drippings exudation  
   d. Microbial cross-contamination

35. What unintended benefit is derived from the freezing of fish by the food industry?
   a. It tenderizes the product.  
   b. It inactivates botulinum toxin.  
   c. It kills mature parasitic worms.  
   d. It destroys the toxin from hepatitis A and B.