

Quiz Grade: 65.0% (B)

Quiz Submission

Food Security and Nutritional Health

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Total Questions: 10

Course Information

Course Title: Food Security and Nutritional Health
Course Code: SCFSE 227
Credit Hours: 3

Quiz Questions, Student Answers, and Correct Answers

Question 1 of 10

Multiple Choice Question

Which of the following is NOT a key factor contributing to food insecurity?

Available Options:

(A) Lack of access to food

(B) Lack of education about nutrition ← CORRECT ANSWER

(C) Climate change

(D) Food preferences ← STUDENT SELECTED

Student's Answer: Option D: Food preferences

Correct Answer: Option B: Lack of education about nutrition

Question 2 of 10

Multiple Choice Question

What is the main goal of food security?

Available Options:

(A) Ensuring everyone has access to nutritious food ← STUDENT SELECTED ← CORRECT ANSWER

(B) Maximizing profits for food companies

(C) Promoting unhealthy eating habits

(D) Limiting food production to reduce environmental impact

Student's Answer: Option A: Ensuring everyone has access to nutritious food

Correct Answer: Option A: Ensuring everyone has access to nutritious food

Question 3 of 10

Text Answer Question

Explain the concept of food sovereignty.

Student's Answer:

Food sovereignty introduces the idea that the various communities should be allowed to decide how their food is produced and distributed. It takes into consideration the activities of small farmers, protects the environment, and encourages people to adopt sustainable agriculture practices. The purpose of food sovereignty is also to achieve food security and preserve cultural heritage.

Correct Answer:

Food sovereignty is the right of people to have control over their own food systems, including production, distribution, and consumption, as well as the ability to make decisions about what food is produced and how it is produced.

Question 4 of 10

Text Answer Question

What is the difference between food insecurity and hunger?

Student's Answer:

Food insecurity and hunger are closely related but not the same. Food insecurity means people do not always have reliable access to enough safe and nutritious food because of limited resources. Hunger is the physical feeling of discomfort caused by not eating enough. In simple terms, food insecurity is the condition that can lead to hunger, but hunger is the actual experience.

Correct Answer:

Food insecurity is a lack of access to enough food for a healthy and active life, while hunger is a physical sensation of discomfort or weakness caused by a lack of food.

Question 5 of 10

Multiple Choice Question

Which of the following is NOT a potential consequence of food insecurity?

Available Options:

- (A) Reduced economic productivity
- (B) Increased risk of chronic diseases
- (C) Lowered academic achievement

(D) Improved overall health ← STUDENT SELECTED ← CORRECT ANSWER

Student's Answer: Option D: Improved overall health

Correct Answer: Option D: Improved overall health

Question 6 of 10

Multiple Choice Question

What is the main cause of malnutrition in developing countries?

Available Options:

(A) Lack of food availability

(B) Lack of food diversity ← STUDENT SELECTED ← CORRECT ANSWER

(C) Lack of education about nutrition

(D) Lack of food preferences

Student's Answer: Option B: Lack of food diversity

Correct Answer: Option B: Lack of food diversity

Question 7 of 10

Text Answer Question

How does climate change impact food security?

Student's Answer:

Correct Answer:

Climate change can lead to extreme weather events, such as droughts and floods, which can affect crop production and food availability. It can also impact food distribution and increase food prices, making it harder for people to access nutritious food.

Question 8 of 10

Multiple Choice Question

Which of the following is NOT a recommended strategy for improving food security?

Available Options:

(A) Increasing food production

(B) Improving infrastructure for food distribution

(C) Promoting sustainable farming practices

(D) Limiting food access to certain populations ← STUDENT SELECTED ← CORRECT ANSWER

Student's Answer: Option D: Limiting food access to certain populations

Correct Answer: Option D: Limiting food access to certain populations

Question 9 of 10

Text Answer Question

How does food insecurity impact children's health and development?

Student's Answer:

Food insecurity may greatly undermine children's health and development. The lack of proper nutrition will result in stunted growth and lower immunity in children, causing them to become ill and unable to fight infections.. In addition to that, they will have problems with their capacity to study and learn at school.

Correct Answer:

Food insecurity can lead to stunted growth, poor cognitive development, and increased risk of chronic diseases in children. It can also lead to lower academic achievement and behavioral issues.

Question 10 of 10

Multiple Choice Question

Which of the following is NOT a characteristic of a healthy and balanced diet?

Available Options:

(A) Includes a variety of foods from all food groups

(B) Provides sufficient calories for daily needs

(C) Includes mostly processed and packaged foods ← STUDENT SELECTED ← CORRECT ANSWER

(D) Takes into account cultural preferences

Student's Answer: Option C: Includes mostly processed and packaged foods

Correct Answer: Option C: Includes mostly processed and packaged foods

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