

Milestones in Dietetics and Nutrition Science

Dietetics · Answer Key · 10 Questions

1. Who is widely considered the 'father of nutrition' for his experiments on metabolism in the 18th century?

- A) Antoine Lavoisier**
- B) James Lind
- C) Casimir Funk
- D) William Banting

2. In 1747, which Scottish physician conducted the first controlled clinical trial to identify the cure for scurvy?

- A) Joseph Goldberger
- B) James Lind**
- C) Christian Eijkman
- D) Elmer McCollum

3. Which researcher coined the term 'vitamine' in 1912 after studying the causes of beriberi?

- A) Frederick Hopkins
- B) Casimir Funk**
- C) Robert McCarrison
- D) George Stigler

4. What was the first vitamin to be chemically synthesized in a laboratory, occurring in 1933?

- A) Vitamin A
- B) Vitamin C**
- C) Vitamin D
- D) Vitamin B12

5. In 1917, who became the first president of the American Dietetic Association?

- A) Lulu Graves**
- B) Sarah Tyson Rorer
- C) Lenna Cooper
- D) Florence Nightingale

6. Which discovery in 1913 by McCollum and Davis identified the first fat-soluble vitamin?

- A) Vitamin D
- B) Vitamin K
- C) Vitamin A**
- D) Vitamin E

7. The first official nutritional guidelines, the 'Recommended Dietary Allowances' (RDA), were established by which organization in 1941?

- A) World Health Organization
- B) Food and Nutrition Board**
- C) American Heart Association
- D) International Dietetics Council

8. Who is credited with identifying the anti-pellagra factor, later known as niacin, in the early 20th century?

- A) Joseph Goldberger**
- B) Christian Eijkman
- C) Linus Pauling
- D) John Harvey Kellogg

9. Which scientist discovered that beriberi was a deficiency disease caused by eating polished rice rather than an infection?

- A) Christian Eijkman**
- B) Casimir Funk
- C) E.V. McCollum
- D) Charles Glen King

10. What was the name of the first professional journal dedicated to dietetics, founded in 1924?

- A) Journal of Clinical Nutrition
- B) Journal of the American Dietetic Association**
- C) The Dietitian Quarterly
- D) Nutrition Research Reviews