

Nutrition and Health

1. A substance needed by the body for growth, energy, repair and maintenance is called a _____.

- A: nutrient
- B: carbohydrate
- C: calorie
- D: fatty acid

Ans: A

2. All of the following are nutrients found in food except _____.

- A: plasma
- B: proteins
- C: carbohydrates
- D: vitamins

Ans: A

3. A diet high in saturated fats can be linked to which of the following?

- A: kidney failure
- B: bulimia
- C: anorexia
- D: cardiovascular disease

Ans: D

4. Amylases in saliva begin the breakdown of carbohydrates into _____.

- A: fatty acids
- B: polypeptides
- C: amino acids
- D: simple sugars

Ans: D

5. Your body needs vitamins and minerals because _____.

- A: they give the body energy
- B: they help carry out metabolic reactions
- C: they insulate the body's organs
- D: they withdraw heat from the body

Ans: B

6. Food passes through the stomach directly by _____.

- A: the large intestine
- B: the small intestine
- C: the heart
- D: the pancreas

Ans: B

7. About half of your diet should be made up of _____.

A: grains and vegetables

B: fruits and milk

C: milk and cheese

D: fats and sugars

Ans: A

8. A mineral that the body needs to work properly is _____.

A: calcium

B: silver

C: gold

D: lead

Ans: A

9. According to the MyPyramid food guidance system, a person should obtain most of their fat from _____.

A: beef, chicken, and fish

B: vegetable oils, nuts, and fish

C: fats, oils, and sweets

D: milk, yogurt, and cheese

Ans: B

10. A(n) _____ is a unit of energy that indicates the amount of energy contained in food.

A: label

B: food guide pyramid

C: calorie

D: basket

Ans: C

11. This food group is our body's best source of energy?

A. Meat Group

B. fats, oils and sweets

C. breads and cereals

D. milk and cheese

Ans: C

12. Which of these is NOT considered a nutrient?

A. vitamins

B. minerals

C. fiber

D. fats

Ans: C

13. Which of these is added to the food label because people sometimes don't eat ENOUGH of this?

- A. fat
- B. calcium
- C. sodium
- D. cholesterol

Ans: B

14. Which of these is required on the food label?

- A. total carbohydrate
- B. sugars
- C. iron
- D. all of the above

Ans: D

15. The bread, cereal, rice and pasta group is a good source of _____?

- A. carbohydrate
- B. vitamin C
- C. calcium
- D. vitamin D

Ans: A

16. Citrus fruits are an excellent source of _____?

- A. calcium
- B. vitamin c
- C. vitamin B
- D. calories

Ans: B

17. Foods from the meat, poultry, fish dry beans, eggs and nuts group are an important source of _____?

- A. iron
- B. fiber
- C. beta carotene
- D. calcium

Ans: A

18. Which food contains the most fat?

- A. graham crackers
- B. brownies
- C. pudding
- D. angel food cake

Ans: B

19. The milk, cheese & yogurt group are important for _____?

- A. strong bones
- B. teeth
- C. muscles
- D. all of the above

Ans: D

20. How many servings of vegetables do we need each day?

- A. 611
- B. 23
- C. 35
- D. 12

Ans: C

21. Which of the following nutrients is needed to build and maintain the structural components of the body?

- A. Carbohydrates
- B. Protein
- C. Fat
- D. Fiber

Ans: B

22. Which of the following nutrients is known as the sunshine vitamin?

- A. Vitamin C
- B. Vitamin A
- C. Vitamin K
- D. Vitamin D

Ans: D

23. All of the following are needed for strong bones except:

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

Ans: A

24. Which of these nutrients is the preferred energy source for the body?

- A. B Complex Vitamins
- B. Carbohydrates
- C. Fats
- D. Fiber

Ans: B

25. This nutrient is needed for a healthy immune system and strong connective tissue:

- A. Fiber
- B. Vitamin K
- C. Vitamin C
- D. Fluoride

Ans: C

26. Which of the following is the best source for omega3 fatty acids?

- A. Corn oil
- B. Wheat products
- C. Pork
- D. Sardines

Ans: D

27. This mineral is essential for healthy red blood cells and a deficiency might cause anemia.

- A. Iron
- B. Magnesium
- C. Iodine
- D. Chromium

Ans: A

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

- A. Vitamin D
- B. Vitamin A
- C. Folate
- D. Vitamin E

Ans: C

29. This nutrient is needed for making hormones, healthier skin, and to make cell membranes:

- A. Fat
- B. Carbohydrate
- C. Fiber
- D. Vitamin B12

Ans: A

30. This nutrient is most important for healthy vision:

- A. Vitamin K
- B. Iron
- C. Calcium
- D. Vitamin A

Ans: D

31. The United States Department of Agriculture's Daily Food Guide suggests that the Fats, Oils and Sweets Group be used ____.

- A. once a week
- B. four times a day
- C. never on Sundays
- D. sparingly
- E. every Tuesday

Ans: D

32. The United States Department of Agriculture's Daily Food Guide calls for eating ____ servings of the Bread, Cereal, Rice and Pasta Group.

- A. 13
- B. 45
- C. 611
- D. 1215
- E. 1620

Ans: C

33. The United States Department of Agriculture's Daily Food Guide calls for eating ____ servings of the Milk, Yogurt, and Cheese Group.

- A. 01
- B. 23
- C. 34
- D. 56
- E. 67

Ans: B

34. The United States Department of Agriculture's Daily Food Guide calls for eating ____ servings of the Fruit Group every day.

- A. 01
- B. 24
- C. 45
- D. 56
- E. 67

Ans: B

35. Which of the following beverages has no fat, sugar, or oils?

- A. milk
- B. root beer
- C. coffee with cream
- D. iced tea unsweetened
- E. lemonade

Ans: D

36. What food doesn't belong to this food group?

- A. noodles
- B. crackers
- C. scallion
- D. macaroni
- E. cous cous

Ans: C

37. What food doesn't belong to this food group?

- A. cookies
- B. candy
- C. salad dressing
- D. cherries
- E. butter

Ans: D

38. What food doesn't belong to this food group?

- A. chocolate milk
- B. cream cheese
- C. ice cream
- D. salad dressing
- E. yogurt

Ans: D

39. _____ is an example of a hydrogenated fat.

- A. Butter
- B. Margarine
- C. Olive oil

Ans: B

40. If you order hot oatmeal in a restaurant it may taste flat because

- A. no sugar was added.
- B. no salt was added.
- C. it was cooked in a microwave.

Ans: B

41. Fruits and vegetables are usually considered as good sources of

- A. protein.
- B. vitamins & minerals.
- C. unsaturated fats.

Ans: B