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
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 MyPyramind food guidance system, a person should obtain most of their fat from ____________.
A: beef, chicken, and fish
B: vegetables 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
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
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