

## Food And Nutrition

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

Answer: A

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

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

Answer: 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

Answer: D

4. Amylases in saliva begin the breakdown of carbohydrates into \_\_\_\_\_.

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

Answer: 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

Answer: B

6. Food passes through the stomach directly by \_\_\_\_\_.

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

Answer: 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

Answer: A

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

- A: calcium
- B: silver
- C: gold
- D: lead

Answer: A

9. According to the My Pyramid 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

Answer: 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

Answer: 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

Answer: C

12. Which of these is NOT considered a nutrient?

- A. vitamins
- B. minerals
- C. fiber
- D. fats

Answer: 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

Answer: B

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

A. total carbohydrate

B. sugars

C. iron

D. all of the above

Answer: D

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

of \_\_\_\_\_?

A. carbohydrate

B. vitamin C

C. calcium

D. vitamin D

Answer: A