Nutrition Test #1

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_\_\_

Score: \_\_\_\_\_ / 64

Multiple Choice

(2 points per answer – 18 points total)

*Circle the correct answer*

1. Carbohydrates are found the most in \_\_\_\_\_\_\_\_
   1. Dill Pickles
   2. Whole-grain pita bread
   3. Fish
   4. Cotton Candy
2. Carbohydrates are broken up into two groups, simple and \_\_\_\_\_\_\_\_\_\_\_ carbohydrates.
   1. Complete
   2. Strong
   3. Complex
   4. Confused
3. Which of the following is **NOT** a simple carbohydrate?
   1. Fructose
   2. Lactose
   3. Sucrose
   4. Starches
4. Fiber is \_\_\_\_\_\_\_\_?
   1. A type of protein
   2. Indigestible
   3. Increases heart disease
   4. Found in meat
5. Proteins are nutrients that help \_\_\_\_\_ body cells and tissues.
   1. Build
   2. Transfer
   3. Cover up
   4. Destroy
6. Proteins are found the most in \_\_\_\_\_\_\_\_
   1. Grains
   2. Pop Tarts
   3. Chicken
   4. Carrots
7. Lipids should be eaten \_\_\_\_\_\_\_
   1. In large numbers
   2. Not at all
   3. Once a month
   4. In small portions
8. Minerals can help maintain, or regulate, all of the following except \_\_\_\_\_\_\_\_
   1. Eyes
   2. Bones
   3. Teeth
   4. Assists with oxygen transportation in the cell
9. Water Soluble vitamin dissolves in water **and** \_\_\_\_\_\_\_\_
   1. Stay in the stomach until digestion
   2. Are transported into fat
   3. Does **not** need to be replenished (or eaten/drank) often
   4. Pass easily into the blood system during digestion

Matching

(2 points per answer - 10 Points total)

Write the correct letter (definition) on the line of the matching word

*Each definition is only used once*

1. Nutrition –\_\_\_\_\_
2. Calories –\_\_\_\_\_
3. Nutrients –\_\_\_\_\_
4. Hunger –\_\_\_\_\_
5. Appetite –\_\_\_\_\_
6. The desire to eat, **not** the need to
7. Substances in food that your body needs to grow, to repair itself, and to supply you with energy
8. The process by which the body takes in and uses food
9. A natural physical drive that protects you from starvation. A **need** for food.
10. Units of heat that measure the energy used by the body and the energy that foods supply to the body

Make a List

(1 point per word - 18 Points total)

Write the answers on the lines below the question. One answer per line.

1. Make a list, from lecture and your book, of 6 things that can influence your food choices

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Make a list of the 6 Basic Nutrients

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Make a list of the 6 food groups

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

True or False

(2 points per answer – 18 points total)

*Circle “T” for True or “F” for False*

1. T F Fiber is a component of carbohydrates
2. T F The body’s main source of energy is from protein
3. T F Proteins help rebuild the cells in the body
4. T F Lipid is another name for fats
5. T F Unsaturated Fatty Acids can reduce the risk of heart disease
6. T F Fats should be cut completely out of everyone’s diet
7. T F Vitamins help regulate vital body functions like digestion and absorption
8. T F Minerals are manufactured by the body
9. T F Water is important for only athletes

**ANSWER GUIDE**

Nutrition Test #1

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Date:\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_\_\_

Score: \_\_\_\_\_ / 79

Multiple Choice

(2 points per answer – 18 points total)

*Circle the correct answer*

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(2 points per answer - 10 Points total)

Write the correct letter (definition) on the line of the matching word

*Each definition is only used once*

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2. Calories –\_\_F\_\_
3. Nutrients –\_\_B\_\_
4. Hunger –\_\_E\_\_
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7. Substances in food that your body needs to grow, to repair itself, and to supply you with energy
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Make a List

(1 point per word - 18 Points total)

Write the answers on the lines below the question. One answer per line.

1. List, from lecture and your book, of 6 things that can influence your food choices

Appetite, Emotions, Family, Friends, Culture/Ethnicity, Environment, Convenience, Cost, Advertising

1. List of the 6 Basic Nutrients

Carbohydrates, Proteins, Lipids, Vitamins, Minerals, Water

1. List of the 6 food groups

Grains, Fruits, Vegetables, Meats, Dairy, and Fats

True or False

(2 points per answer – 18 points total)

*Circle “T” for True or “F” for False*

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