

Nutrition
Practice Quiz

1. Which nutrient is primarily needed to build parts of your body like skin and muscles?
a. Carbohydrates
b. proteins
c. vitamins
d. minerals
e. water
f. fiber
2. Which vitamin is created when your skin is exposed to ultraviolet light?
a. Vitamin A
b. Vitamin B
c. Vitamin C
d. Vitamin D
e. Vitamin E
3. Which type of nutrient is the best source of energy?
a. Carbohydrates
b. proteins
c. vitamins
d. minerals
e. water
f. fiber
4. Which type of nutrient needs to be consumed most frequently?
a. Carbohydrates
b. proteins
c. vitamins
d. minerals
e. water
f. fiber
5. Which of the following types of foods are considered to be good sources of carbohydrates?
a. Vegetables
b. Fruit
c. Meats
d. Breads
e. Water
6. Fruits and vegetables are generally considered to be good sources of
a. vitamins
b. carbohydrates
c. proteins
7. Meats are generally considered to be good sources of
a. vitamins
b. carbohydrates
c. proteins
8. Vitamins and Minerals
a. help bodily functions work correctly
b. provide energy
c. are the primary building material for muscle
9. Fats ...
a. should never be eaten because all fats are bad for human health.
b. should be eaten in small quantities because the body needs a small amount of fat.
c. should be eaten frequently because they are a good source of energy.
10. Calcium is a
a. mineral
b. protein
c. vitamin
d. carbohydrate
11. Atherosclerosis is ...
a. a disease in which cells grow rapidly and uncontrollably
b. a condition in which fatty material collects in the arteries
c. a condition where a person does not receive all of the proper dietary requirements.

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