

NUTRITION MCQs

FOOD NUTRITION Multiple Choice Questions with Answers :-

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 Find 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. 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. Find which of these is NOT considered a nutrient?

A. vitamins

B. minerals

C. fiber

D. fats

Ans: C

13. Find 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. Find 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. Find 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. 6-11**
- B. 2-3**
- C. 3-5**
- D. 1-2**

Ans: C

21. Find 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. Find 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. Find 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

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26. Find which of the following is the best source for omega-3 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. 1-3

B. 4-5

C. 6-11

D. 12-15

E. 16-20

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. 0-1

B. 2-3

C. 3-4

D. 5-6

E. 6-7

Ans: B

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

A. 0-1

B. 2-4

C. 4-5

D. 5-6

E. 6-7

Ans: B

35. Find 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. Find what food doesn't belong to this food group?

A. noodles

B. crackers

C. scallion

D. macaroni

E. cous cous

Ans: C

37. Find what food doesn't belong to this food group?

A. cookies

B. candy

C. salad dressing

D. cherries

E. butter

Ans: D

38. Find 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

42. Degenerative diseases are most closely associated with

A. diets deficient in protein.

B. affluent lifestyles.

C. heredity.

Ans: B

43. The “bottom line” in determining the quality of a recipe is

A. nutritional value.

B. taste testing.

C. cost.

Ans: B

44. Eggs, milk, and meat are usually classified as good sources of

A. carbohydrates.

B. protein.

C. fat.

Ans: B

45. The human body and the food that fuels it came together as a consequence of

A. chance, time, and circumstance

B. the activity of an intelligent designer

C. neither of the above

Ans: B

FOOD NUTRITION Mcqs ::

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