

Health loksewa model questions

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

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: vegetable 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

Ans: 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

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

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. 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 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. 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

C. neither of the above

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