

Name:

Date:

Nutrients quiz

1. What are the three macronutrients that are essential for health?

Carbohydrate, protein, fat.

Carbohydrate, protein, water.

Carbohydrate, water, vitamins.

Vitamins, protein, carbohydrates.

2. How much energy does 1 gram of carbohydrate provide?

2kcal

4kcal

7kcal

9kcal

3. Which of these compounds make up carbohydrates?

Carbon

Hydrogen

Oxygen

All of the above

4. What are the building blocks of proteins?

Disaccharides

Carbon

Amino acids

Fatty acids

5. Protein from animal sources contains the full range of essential amino acids needed by the body.
True False
6. Which of these is NOT an example of a type of fat?
Saturated Polyunsaturated Desaturated Monounsaturated
7. True or False? Fat provides the most energy per gram of ALL the macronutrients.
True False
8. True or False? Fat soluble vitamins cannot be stored within the body.
True False
9. Vitamin A is important for...
Dim light vision Healthy skin and eyes Resistance to infection All of the above

10. In the summer months where does most of our vitamin D come from?

Eggs

The sun

Meat

Cakes

11. True or false? Vitamin C can help with the absorption of iron.

True

False

12. How much of the body's calcium is found in the skeleton?

10%

50%

90%

99%

13. Which of these groups of people are most at risk of iron deficiency?

Teenage girls

Women over the age of 70

Teenage Boys

Men over the age of 70

14. What is the most common nutritional deficiency worldwide?

Iron deficiency
Vitamin A deficiency
Zinc deficiency
Sodium deficiency

15. True or false? Micronutrients are needed in larger amounts than macronutrients.

True
False