

## Food & Nutrition Exam

1. The six main nutrients we require in our diet are:

- water; carbohydrates, fibre, cholesterol, minerals
- water; fibre, cholesterol, minerals, protein
- protein, fibre, minerals, cholesterol
- water; protein, carbohydrates, vitamins, minerals

2. The main function of carbohydrates is to provide:

- Energy
- Flavour
- Cholesterol
- Protein

3. The main functions of fibre are to:

- Eliminate waste products
- Build & repair body tissue
- Supply energy, and retain healthy water
- Maintain body temperature

4. Two types of fibre are:

- Soluble and insoluble
- Soluble and unsoluble
- Fatty and acidic
- Fibrous and non-fibrous

5. Saturated fats are found in:

- Dairy products
- Tropical oils
- Meat
- All of the above

6. Proteins are used mainly to:

- Grow & repair damaged parts
- Help maintain good health
- Regulate body processes
- All of the above

7. Proteins are mainly found in:

- Meat, poultry, fish
- Plants, beans, grains
- Dairy
- Vegetables

# Nutrition Unit Test Answers

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