

Food & Nutrition Exam

1. The six main nutrients we require in our diet are:
 - a. Fat, water, carbohydrates, fibre, cholesterol, minerals
 - b. Fat, water, fibre, cholesterol, minerals, protein
 - c. Fat, water, protein, fibre, minerals, cholesterol
 - d. Fat, water, protein, carbohydrates, vitamins, minerals
2. The main function of carbohydrates is to provide:
 - a. Energy
 - b. Flavour
 - c. Cholesterol
 - d. Protein
3. The main function of fats are to:
 - a. Eliminate waste products
 - b. Build & repair body tissue
 - c. Supply energy, maintain healthy skin
 - d. Maintain body temperature
4. Two types of fibre are:
 - a. Solvent and insolvent
 - b. Soluble and insoluble
 - c. Fatty and acidic
 - d. Fibrous and non-fibrous
5. Saturated fats are found in:
 - a. Dairy products
 - b. Tropical oils
 - c. Meat
 - d. All of the above
6. Proteins are used mainly to:
 - a. Grow & repair damaged parts
 - b. Help maintain good health
 - c. Regulate body process
 - d. All of the above
7. Proteins are mainly found in:
 - a. Meat, poultry, fish
 - b. Plants, beans, grains
 - c. Dairy
 - d. Vegetables

Nutrition Unit Test Answers

R Barnett



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