

### 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

**Earl Palan**

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, located to the right of the name Earl Palan.

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