

# Nutrition test review

1. The result of poor diet, generally caused by a lack of nutrients.

2. The study of the nutrients in food and how they nourish the body.

3. Compounds produced by plants.

4. How many basic categories of nutrients are there.

5. First in First out

6. Kosher salt has a \_\_\_\_\_ flavor than table salt and is somewhat coarser

7. A person that consumes no meat, fish or poultry products.

8. A main source of energy for the body and are needed by the body to utilize protein and fat efficiently

9. Unique because it is not found in plant based food and cannot be digested by people

10. Often called "bad" cholesterol and is a result of eating foods with high levels of saturated fats and trans fats.

11. Eating \_\_\_\_\_ foods, especially fruits and vegetables, can provide nutritious options, but some foods provide more nutrients after cooking.

12. There are several ways you can make a food more healthy including adding more fiber, fruits or vegetables, or reducing \_\_\_\_\_

13. Products that have been grown without the use of pesticides or synthetic fertilizers.

14. May provide additional nutritional value or may be more disease-resistant.

15. Without proper nutrition it is impossible for the human body to function at it's \_\_\_\_\_.

16. These fats are generally more saturated than liquid vegetable oils.

17. This very important simple sugar is the body's primary source of energy.

18. A common starch

19. Are liquid at room temperature

20. An important hormone to regulate sugar is

21. Another word for fat.

22. The energy released by some nutrients is measured in

23. An example of a complex carbohydrate

A. Vegetarian

B. Peak

C. Lipid

D. Soda

E. Oxidation

F. Oils

G. Fiber

H. Calories

I. Raw

J. Organic

K. Nutrition

L. Phytochemicals

M. Hormones

N. Genetically modified food

O. LDL

P. Fat content

Q. Six

R. Potatoe

S. Corn

T. Glucose

U. FIFO

V. Carbohydrates

W. purer

# Nutrition Test Question With Answer

**LP Steffe**

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