

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrition test review

- |  |                              |
|--|------------------------------|
| 1. The result of poor diet, generally caused by a lack of nutrients.   | A. Vegetarian                |
| 2. The study of the nutrients in food and how they nourish the body.   | B. Peak                      |
| 3. Compounds produced by plants.   | C. Lipid                     |
| 4. How many basic categories of nutrients are there.   | D. Soda                      |
| 5. First in First out  | E. Oxidation                 |
| 6. Kosher salt has a _____ flavor than table salt and is somewhat coarser  | F. Oils                      |
| 7. A person that consumes no meat, fish or poultry products.   | G. Fiber                     |
| 8. A main source of energy for the body and are needed by the body to utilize protein and fat efficiently                                      | H. Calories                  |
| 9. Unique because it is on found in plant based food and cannot be digested by people  | I. Raw                       |
| 10. Often called "bad" cholesterol and is a result of eating foods with high levels of saturated fats and trans fats.                          | J. Organic                   |
| 11. Eating _____ foods, especially fruits and vegetables, can provide nutritious options, but some foods provide more nutrients after cooking. | K. Nutrition                 |
| 12. There are are several ways you can make a food more healthy including adding more fiber, fruits or vegetables, or reducing _____           | L. Phytochemicals            |
| 13. Products that have been grown without the use of pesticides or synthetic fertilizers.  | M. Hormones                  |
| 14. May provide additional nutritional value or may be more disease-resistant.   | N. Genetically modified food |
| 15. Without proper nutrition it is impossible for the human body to function at it's _____.  | O. LDL                       |
| 16. These fats are generally more saturated then liquid vegetable oils.  | P. Fat content               |
| 17. This very important simple sugar is the body's primary source of energy.   | Q. Six                       |
| 18. A common starch  | R. Potatoe                   |
| 19. Are liquid at room temperature   | S. Corn                      |
| 20. An important hormone to regulate sugar is  | T. Glucose                   |
| 21. Another word for fat.  | U. FIFO                      |
| 22. The energy released by some nutrients is measured in   | V. Carbohydrates             |
| 23. An example of a complex carbohydrate   | W. purer                     |

# Nutrition Test Question With Answer

**LP Steffe**



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