

Basic Nutrition and Food Science Facts

Nutrition & Food Science · Practice Test · 15 Questions

1. Which of the following is a primary source of energy for the human body?

- A) Vitamins
- B) Minerals
- C) Carbohydrates
- D) Water

2. What is the main function of protein in the body?

- A) Providing immediate energy
- B) Building and repairing tissues
- C) Absorbing vitamins
- D) Regulating body temperature

3. Which vitamin is primarily synthesized in the skin when exposed to sunlight?

- A) Vitamin C
- B) Vitamin K
- C) Vitamin D
- D) Vitamin A

4. Fibre is an important component of a healthy diet. What is its main role?

- A) Providing flavour
- B) Aiding digestion and preventing constipation
- C) Sweetening food
- D) Adding colour to food

5. Which of the following is an essential mineral for strong bones and teeth?

- A) Iron
- B) Potassium
- C) Calcium
- D) Sodium

6. Water is crucial for life. Which of these is a key function of water in the body?

- A) Producing hormones
- B) Transporting nutrients and removing waste
- C) Building muscles
- D) Storing energy

7. What are fats primarily used for in the body?

- A) Quick energy bursts
- B) Building red blood cells
- C) Storing energy, insulating the body, and absorbing certain vitamins
- D) Fighting infections

8. Which of these foods is a good source of Vitamin C?

- A) Bread
- B) Rice
- C) Oranges
- D) Chicken

9. Iron is important for carrying oxygen in the blood. A deficiency can lead to what condition?

- A) Scurvy
- B) Rickets
- C) Anemia
- D) Osteoporosis

10. What does the term 'whole grain' refer to in food?

- A) Refined grains that have been processed
- B) Grains that are not milled or processed
- C) Grains that contain all parts of the original kernel (bran, germ, endosperm)
- D) Grains that have added vitamins

11. Which nutrient group provides the most concentrated source of energy per gram?

- A) Carbohydrates
- B) Proteins
- C) Fats
- D) Vitamins

12. What is the process called where food is broken down into smaller molecules that the body can absorb?

- A) Photosynthesis
- B) Respiration
- C) Digestion
- D) Fermentation

13. Which of the following is a type of carbohydrate that the body cannot digest and is beneficial for gut health?

- A) Simple sugars
- B) Starch
- C) Glycogen
- D) Dietary fibre

14. Where does most nutrient absorption take place in the human digestive system?

- A) Stomach
- B) Large intestine
- C) Small intestine
- D) Esophagus

15. What is the main role of B vitamins in the body?

- A) Strengthening bones
- B) Producing energy from food
- C) Building muscle mass
- D) Improving eyesight