

Elementary Nutrition & Food Science Mastery

Nutrition & Food Science · Practice Test · 12 Questions

1. Which part of a plant is a carrot, known for storing food for the plant?

- A) Flower
- B) Leaf
- C) Seed
- D) Root

2. What is the main function of carbohydrates in our bodies?

- A) Building muscles
- B) Providing energy
- C) Protecting our organs
- D) Helping us see in the dark

3. Which nutrient is essential for building and repairing our bodies, found in foods like chicken and beans?

- A) Vitamins
- B) Minerals
- C) Protein
- D) Fats

4. What natural process allows fruits to ripen and become sweet?

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

5. Which food group provides the building blocks for our bones and teeth, and is found in milk and cheese?

- A) Grains
- B) Vegetables
- C) Dairy
- D) Fruits

6. What is the name given to the tiny living things, like bacteria, that can make food go bad?

- A) Vitamins
- B) Minerals
- C) Microbes
- D) Enzymes

7. Which vitamin helps our bodies absorb calcium, and is made when our skin is exposed to sunlight?

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

8. What is the primary role of water in our diet?

- A) To make food taste better
- B) To carry nutrients and remove waste
- C) To provide energy for exercise
- D) To strengthen our bones

9. Which of these is a 'whole grain' food?

- A) White bread
- B) White rice
- C) Oatmeal
- D) Cornflakes

10. What is the term for the process where plants use sunlight, water, and carbon dioxide to create their own food?

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

11. Which nutrient helps keep our digestive system working smoothly and is found in fruits, vegetables, and whole grains?

- A) Fibre
- B) Protein
- C) Sugar
- D) Salt

12. What is the main source of energy for our brain?

- A) Fat
- B) Protein
- C) Vitamins
- D) Glucose (a type of sugar)