

Foundational Dietetics Knowledge

Dietetics · Answer Key · 8 Questions

1. Which macronutrient is the primary source of energy for the body and brain?

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

2. Which essential nutrient is crucial for bone health, often fortified in milk products?

- A) Vitamin C
- B) Iron
- C) Calcium**
- D) Potassium

3. A deficiency in which vitamin can lead to scurvy?

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

4. Which of the following is a water-soluble vitamin?

- A) Vitamin A
- B) Vitamin E
- C) Vitamin K
- D) Vitamin B12**

5. What is the recommended daily intake of water for most adults?

- A) Approximately 1 litre
- B) Approximately 2 litres**
- C) Approximately 4 litres
- D) Approximately 500 ml

6. Dietary fiber is primarily found in which food group?

- A) Meats and poultry
- B) Dairy products
- C) Fruits, vegetables, and whole grains**
- D) Refined sugars

7. Which mineral is essential for the transport of oxygen in the blood?

A) Zinc

B) Iron

C) Magnesium

D) Sodium

8. What is the term for the rate at which the body uses energy at rest?

A) Metabolic rate

B) Basal Metabolic Rate (BMR)

C) Activity level

D) Thermic Effect of Food (TEF)