

Foundational Dietetics Knowledge

Dietetics · Practice Test · 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)