

Foundations of Healthy Eating

Dietetics · Answer Key · 20 Questions

1. Which nutrient is the body's main source of energy?

A) Carbohydrates

- B) Calcium
- C) Iron
- D) Vitamin C

2. Which food group is the best source of calcium for strong bones?

A) Fruits

B) Dairy

- C) Oils
- D) Grains

3. What is the primary function of protein in the body?

A) To grow and repair muscles

- B) To provide energy for running
- C) To keep the body hydrated
- D) To act as a lubricant for joints

4. Which vitamin is commonly found in citrus fruits like oranges?

A) Vitamin D

B) Vitamin C

- C) Vitamin A
- D) Vitamin B12

5. Which of these is a vegetable?

A) Apple

B) Broccoli

- C) Banana
- D) Strawberry

6. Water is essential for the body because it helps to:

- A) Build thick bones
- B) Give the skin color

C) Keep the body hydrated

- D) Store extra energy

7. Which mineral is important for healthy red blood cells?

- A) Iron**
- B) Sodium
- C) Calcium
- D) Magnesium

8. Which food group should make up the largest part of our daily diet?

- A) Sugary snacks
- B) Vegetables and fruits**
- C) Fats and oils
- D) Meat and meat alternatives

9. What nutrient helps protect our organs and provides long-term energy storage?

- A) Fiber
- B) Fats**
- C) Sugar
- D) Water

10. Which of these is considered a whole grain?

- A) White bread
- B) Brown rice**
- C) White pasta
- D) Sugar

11. Fiber is important for a healthy:

- A) Heartbeat
- B) Digestive system**
- C) Vision
- D) Bone density

12. What is the main role of Vitamin D in the body?

- A) Helping the body absorb calcium**
- B) Giving energy to the brain
- C) Building muscle mass
- D) Improving night vision

13. Which of these is a plant-based source of protein?

- A) Chicken
- B) Eggs
- C) Lentils**
- D) Butter

14. What happens if you eat too much added sugar?

- A) It provides essential vitamins
- B) It can cause tooth decay**
- C) It makes your bones grow faster
- D) It clears your skin

15. How many servings of vegetables are recommended daily for children?

- A) 1
- B) 5**
- C) 10
- D) 0

16. Which of these is a source of healthy fats?

- A) Fish**
- B) Lollies
- C) Soft drinks
- D) White flour

17. What is the purpose of reading a food label?

- A) To check the color of the package
- B) To see if it is on sale
- C) To identify ingredients and nutrients**
- D) To see where the store is located

18. Which food group includes oats, barley, and rice?

- A) Grains**
- B) Dairy
- C) Proteins
- D) Vegetables

19. What is a key benefit of eating a variety of colored fruits and vegetables?

- A) Different colors provide different vitamins**
- B) They taste the same
- C) They are cheaper
- D) They contain no water

20. Which nutrient is found in salt but should be limited?

- A) Sodium**
- B) Calcium
- C) Potassium
- D) Protein