

Dietetics and Nutrition Basics

Dietetics · Answer Key · 18 Questions

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

- A) Protein
- B) Carbohydrates**
- C) Vitamins
- D) Minerals

2. Which mineral is essential for maintaining strong bones and teeth?

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

3. Which vitamin is primarily found in citrus fruits and helps the immune system?

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

4. What is the main function of protein in the human body?

- A) Providing insulation
- B) Building and repairing tissues**
- C) Regulating sleep
- D) Storing fat

5. Which food group should make up the largest portion of a balanced meal according to the Australian Guide to Healthy Eating?

- A) Dairy
- B) Meat
- C) Vegetables and legumes**
- D) Grains

6. What substance is required for the body to transport nutrients and regulate temperature?

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

7. Which of these foods is a good source of healthy unsaturated fats?

- A) Butter
- B) Avocado**
- C) Lard
- D) Coconut oil

8. Which nutrient is responsible for carrying oxygen in the blood?

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

9. What is the primary role of fiber in a healthy diet?

- A) Providing immediate energy
- B) Aiding digestion**
- C) Building muscles
- D) Strengthening bones

10. Which of the following is considered a 'discretionary' food item?

- A) Fresh apple
- B) Plain yoghurt
- C) Chocolate biscuit**
- D) Boiled egg

11. Which vitamin is produced by the body when skin is exposed to sunlight?

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

12. Which organ is responsible for filtering nutrients from digested food into the bloodstream?

- A) Small intestine**
- B) Stomach
- C) Liver
- D) Kidney

13. What are the chemical building blocks of proteins called?

- A) Glucose
- B) Amino acids**
- C) Fatty acids
- D) Minerals

14. Which nutrient is most important for maintaining healthy eyesight?

A) Vitamin A

B) Vitamin B6

C) Calcium

D) Fiber

15. Which of these is a water-soluble vitamin?

A) Vitamin A

B) Vitamin D

C) Vitamin C

D) Vitamin E

16. What is the unit used to measure the energy provided by food?

A) Gram

B) Kilojoule

C) Celsius

D) Millilitre

17. Which group of foods is the best source of complex carbohydrates?

A) Whole grains

B) Lollies

C) Soft drinks

D) Table sugar

18. What is the recommended number of daily servings of vegetables for most children?

A) 1-2

B) 5-6

C) 10-12

D) None