

Dietetics and Nutrition Basics

Dietetics · Practice Test · 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