

Essential Nutrition & Food Science Facts

Nutrition & Food Science · Practice Test · 15 Questions

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

- A) Proteins
- B) Carbohydrates
- C) Fats
- D) Fiber

2. Which vitamin is primarily synthesized by the human body through exposure to sunlight?

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

3. What is the primary function of dietary fiber in the digestive system?

- A) Providing concentrated energy
- B) Aiding regular bowel movements
- C) Repairing muscle tissue
- D) Synthesizing hormones

4. Which mineral is essential for the transport of oxygen in the blood via hemoglobin?

- A) Calcium
- B) Iron
- C) Magnesium
- D) Potassium

5. What is the chemical name for common table salt?

- A) Sodium bicarbonate
- B) Sodium chloride
- C) Calcium carbonate
- D) Potassium chloride

6. Which food group is considered the most dense source of energy per gram?

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

7. Which organ is responsible for the detoxification of substances in the body?

- A) Heart
- B) Lungs
- C) Liver
- D) Kidneys

8. What is the main role of proteins in the human body?

- A) Energy storage
- B) Temperature regulation
- C) Tissue growth and repair
- D) Insulation

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

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

10. What is the primary purpose of pasteurisation in food production?

- A) To increase sugar content
- B) To remove harmful bacteria
- C) To enhance flavor
- D) To add artificial color

11. Which nutrient is required for the proper formation of bones and teeth?

- A) Calcium
- B) Sodium
- C) Iodine
- D) Sulfur

12. What type of fatty acids are generally considered the most harmful to cardiovascular health?

- A) Monounsaturated fats
- B) Polyunsaturated fats
- C) Trans fats
- D) Omega-3 fatty acids

13. Which substance acts as a natural preservative and flavoring agent in many fruits?

- A) Citric acid
- B) Hydrochloric acid
- C) Sulfuric acid
- D) Nitric acid

14. How many essential amino acids must be obtained through the human diet?

- A) 5
- B) 9
- C) 12
- D) 20

15. Which complex carbohydrate is stored in the liver and muscles for energy?

- A) Glucose
- B) Glycogen
- C) Fructose
- D) Cellulose