

Middle School Nutrition & Food Science Essentials

Nutrition & Food Science · Answer Key · 15 Questions

1. Which nutrient is the primary source of energy for the human body?

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

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

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

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

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

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

- A) Repairing and building body tissues**
- B) Providing quick energy
- C) Insulating body organs
- D) Regulating water balance

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

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

6. Fibre is important for which bodily function?

- A) Vision
- B) Digestive health**
- C) Muscle contraction
- D) Blood clotting

7. Which of the following is considered a 'macronutrient'?

- A) Vitamin K
- B) Calcium
- C) Fat**
- D) Iron

8. What is the chemical process of breaking down food into nutrients that the body can use?

- A) Respiration
- B) Digestion**
- C) Circulation
- D) Excretion

9. Which nutrient is responsible for transporting oxygen throughout the body?

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

10. Which type of fat is generally considered the most heart-healthy?

- A) Trans fats
- B) Saturated fats
- C) Unsaturated fats**
- D) Hydrogenated fats

11. What is the primary role of water in the human body?

- A) Providing energy
- B) Regulating body temperature**
- C) Building strong bones
- D) Improving eyesight

12. Which organ is responsible for absorbing most of the nutrients from food during digestion?

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

13. Which of these foods is a complete protein source, meaning it contains all essential amino acids?

A) Apples

B) Eggs

C) Rice

D) Carrots

14. Excess sugar consumption is most commonly associated with which health condition?

A) Anemia

B) Tooth decay

C) Rickets

D) Scurvy

15. Which vitamin does the body produce when exposed to sunlight?

A) Vitamin D

B) Vitamin B6

C) Vitamin C

D) Vitamin E