

Middle School Nutrition & Food Science Essentials

Nutrition & Food Science · Practice Test · 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