

Nutrition Basics for Teens

Nutrition & Food Science · Answer Key · 10 Questions

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

- A) Proteins
- 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. What is the main function of protein in the human body?

- A) Energy storage
- B) Building and repairing tissues**
- C) Regulating body temperature
- D) Hydration

4. Which vitamin is primarily obtained through exposure to sunlight?

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

5. How many kilojoules are roughly equivalent to one dietary Calorie?

- A) 1.0 kJ
- B) 4.2 kJ**
- C) 10.0 kJ
- D) 0.5 kJ

6. Which of these is considered a 'macronutrient'?

- A) Vitamin C
- B) Iron
- C) Fat**
- D) Zinc

7. What substance in plant-based foods helps aid digestion and bowel health?

A) Cholesterol

B) Fiber

C) Glucose

D) Sodium

8. Which of the following is a water-soluble vitamin?

A) Vitamin C

B) Vitamin A

C) Vitamin D

D) Vitamin E

9. What is the primary role of iron in the blood?

A) Digesting fats

B) Transporting oxygen

C) Building muscles

D) Absorbing sunlight

10. Which food group is the best primary source of Vitamin C?

A) Dairy products

B) Red meats

C) Citrus fruits

D) Whole grains