

Nutrition Basics for Teens

Nutrition & Food Science · Practice Test · 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