

Foundations of Dietetics

Dietetics · Practice Test · 8 Questions

1. Which food group is the primary source of energy for the body?

- A) Vegetables
- B) Fruits
- C) Grains
- D) Dairy

2. What is the main function of proteins in the body?

- A) Provide quick energy
- B) Build and repair tissues
- C) Help absorb calcium
- D) Aid in digestion

3. Which vitamin is essential for strong bones and teeth, and is often found in milk and sunlight exposure?

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

4. Which of the following is a good source of fiber, important for digestive health?

- A) White bread
- B) Sugary cereal
- C) Apples
- D) Candy

5. Water is crucial for bodily functions. Which of these is a key role of water?

- A) To store fat
- B) To regulate body temperature
- C) To build muscles
- D) To provide energy

6. Which mineral is vital for carrying oxygen in the blood?

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

7. Healthy fats are important. Which of these is considered a healthy fat source?

- A) Lollies
- B) Fried chips
- C) Avocado
- D) Buttercream frosting

8. Which nutrient helps the body fight off infections and is found in citrus fruits like oranges?

- A) Vitamin B12
- B) Vitamin E
- C) Vitamin C
- D) Folate