

Fundamentals of Human Nutrition and Dietetics

Dietetics · Practice Test · 15 Questions

1. Which organ is responsible for the primary production of bile to assist in the digestion of fats?

- A) Pancreas
- B) Gallbladder
- C) Liver
- D) Stomach

2. What is the primary function of dietary fiber in the human digestive system?

- A) Providing concentrated energy
- B) Increasing fecal bulk and bowel regularity
- C) Lowering blood pressure
- D) Synthesizing vitamin C

3. Which mineral is essential for the structure of hemoglobin, the protein in red blood cells that carries oxygen?

- A) Calcium
- B) Magnesium
- C) Iron
- D) Zinc

4. What is the thermic effect of food (TEF) referring to?

- A) The heat lost through skin during exercise
- B) The energy expenditure required to digest and metabolize food
- C) The temperature at which nutrients are destroyed
- D) The body's basal metabolic rate

5. Which vitamin is primarily synthesized by the human body through exposure to ultraviolet B (UVB) radiation?

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

6. What is the primary storage form of carbohydrates in the human body, found mainly in the liver and muscles?

- A) Glucose
- B) Starch
- C) Cellulose
- D) Glycogen

7. Which amino acid is considered 'conditionally essential' in the human diet because the body cannot always produce enough during periods of illness or stress?

- A) Glutamine
- B) Leucine
- C) Valine
- D) Tryptophan

8. What is the recommended physiological purpose of the 'Intestinal Microbiota'?

- A) To produce insulin
- B) To ferment undigested carbohydrates and synthesize certain vitamins
- C) To digest protein exclusively
- D) To filter blood toxins

9. Which group of nutrients provides the highest energy density per gram?

- A) Proteins
- B) Carbohydrates
- C) Fats
- D) Vitamins

10. What does the Body Mass Index (BMI) specifically measure?

- A) Percentage of body fat
- B) Bone density
- C) Ratio of weight to height squared
- D) Metabolic rate

11. Which hormone is secreted by the pancreas to facilitate the uptake of glucose into body cells?

- A) Glucagon
- B) Insulin
- C) Ghrelin
- D) Leptin

12. Which water-soluble vitamin is also known as ascorbic acid?

- A) Vitamin B6
- B) Vitamin C
- C) Vitamin B12
- D) Vitamin E

13. What is the primary site for the absorption of nutrients in the human gastrointestinal tract?

- A) Esophagus
- B) Stomach
- C) Small intestine
- D) Large intestine

14. Which electrolyte is the most abundant cation found in the intracellular fluid of human cells?

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

15. What process describes the body's ability to maintain a stable internal environment despite external changes?

- A) Homeostasis
- B) Catabolism
- C) Anabolism
- D) Osmosis