

# Foundational Concepts in Dietetics

Dietetics · Practice Test · 20 Questions

---

**1. Which macronutrient is the primary source of energy for the body?**

- A) Vitamins
- B) Minerals
- C) Carbohydrates
- D) Water

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

- A) Energy storage
- B) Building and repairing tissues
- C) Regulating body temperature
- D) Absorption of fat-soluble vitamins

**3. Which of the following is a fat-soluble vitamin?**

- A) Vitamin C
- B) B vitamins
- C) Vitamin D
- D) Folate

**4. Iron is an essential mineral primarily known for its role in:**

- A) Bone strength
- B) Nerve function
- C) Oxygen transport in the blood
- D) Fluid balance

**5. The recommended daily intake of fiber for adults is generally around:**

- A) 5-10 grams
- B) 15-20 grams
- C) 25-30 grams
- D) 40-50 grams

**6. Which type of fat is generally considered the healthiest and is found in foods like olive oil and avocados?**

- A) Saturated fat
- B) Trans fat
- C) Monounsaturated fat
- D) Polyunsaturated fat

**7. Calcium is vital for the development and maintenance of:**

- A) Muscles
- B) Blood vessels
- C) Bones and teeth
- D) The immune system

**8. What is the primary role of water in the human body?**

- A) Providing energy
- B) Building muscle mass
- C) Transporting nutrients and waste
- D) Synthesizing hormones

**9. Which dietary guideline emphasizes consuming a variety of fruits, vegetables, whole grains, and lean proteins?**

- A) Low-carbohydrate diet
- B) Paleo diet
- C) Balanced diet
- D) Keto diet

**10. A deficiency in Vitamin B12 can lead to which condition?**

- A) Scurvy
- B) Rickets
- C) Pernicious anemia
- D) Night blindness

**11. What is the main role of antioxidants in the body?**

- A) Promoting fat storage
- B) Protecting cells from damage caused by free radicals
- C) Increasing appetite
- D) Facilitating rapid weight gain

**12. The DASH (Dietary Approaches to Stop Hypertension) diet primarily focuses on reducing intake of:**

- A) Fruits and vegetables
- B) Sodium and saturated fat
- C) Whole grains
- D) Lean meats

**13. What is the recommended minimum daily intake of water for an average adult?**

- A) 0.5 litres
- B) 1 litre
- C) 2 litres
- D) 4 litres

**14. Which vitamin is synthesized in the skin upon exposure to sunlight?**

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

**15. Complex carbohydrates are primarily found in:**

- A) Sweets and candies
- B) Sugary drinks
- C) Whole grains and legumes
- D) White bread and pasta

**16. A diet high in trans fats is most strongly linked to an increased risk of:**

- A) Type 1 diabetes
- B) Heart disease
- C) Osteoporosis
- D) Asthma

**17. Which of the following is a source of complete protein?**

- A) Rice
- B) Beans
- C) Eggs
- D) Spinach

**18. The primary function of potassium in the body is to help regulate:**

- A) Blood sugar levels
- B) Blood pressure and fluid balance
- C) Cholesterol levels
- D) Vitamin absorption

**19. Which dietary recommendation is crucial for preventing osteoporosis?**

- A) High sodium intake
- B) Adequate calcium and Vitamin D intake
- C) Low protein intake
- D) Excessive fruit consumption

**20. What are the three primary macronutrients?**

- A) Vitamins, minerals, and water
- B) Carbohydrates, fats, and proteins
- C) Fiber, antioxidants, and electrolytes
- D) Minerals, antioxidants, and enzymes