

Fundamentals of Nutrition

Dietetics · Answer Key · 8 Questions

1. Which nutrient is the primary source of energy for the human body?

A) Carbohydrates

B) Vitamins

C) Minerals

D) Fiber

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) Regulating body temperature

B) Providing quick energy

C) Building and repairing tissues

D) Improving vision

4. Which vitamin is primarily synthesized by the body through exposure to sunlight?

A) Vitamin A

B) Vitamin C

C) Vitamin D

D) Vitamin K

5. Which of the following is considered a 'macronutrient'?

A) Vitamin C

B) Iron

C) Fat

D) Calcium

6. What is the primary role of dietary fiber in the digestive system?

A) Providing calories

B) Aiding in bowel regularity

C) Preventing hair loss

D) Increasing blood pressure

7. Which substance makes up the majority of the human body's weight?

- A) Fat
- B) Muscle
- C) Water**
- D) Bone

8. What is the unit of measurement used to express the energy content of food?

- A) Liter
- B) Gram
- C) Calorie**
- D) Celsius