

Fundamentals of Nutrition

Dietetics · Practice Test · 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