

Nutrition and Food Science Fundamentals

Nutrition & Food Science · Answer Key · 20 Questions

1. Which of the following is a macronutrient essential for energy, growth, and repair of the body?

- A) Vitamins
- B) Minerals
- C) Proteins**
- D) Water

2. What is the primary function of carbohydrates in the body?

- A) Building muscle
- B) Providing energy**
- C) Aiding digestion
- D) Storing fat

3. Which vitamin is commonly associated with sunlight exposure and is important for bone health?

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

4. Water is considered a crucial nutrient. Approximately what percentage of the human body is made up of water?

- A) 25-35%
- B) 40-50%
- C) 50-65%**
- D) 75-85%

5. Which food group is the best source of dietary fiber?

- A) Dairy products
- B) Meat and poultry
- C) Fruits, vegetables, and whole grains**
- D) Sweets and desserts

6. What is the main function of fats in the body?

- A) Quick energy source
- B) Building bones
- C) Insulating the body and protecting organs**
- D) Carrying oxygen in the blood

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

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

8. Which of the following is a micronutrient, meaning the body needs it in smaller amounts than macronutrients?

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

9. What does the term 'fortified' mean in relation to food?

- A) Naturally high in nutrients
- B) Added nutrients that are not normally present**
- C) Reduced in calories
- D) Preserved through drying

10. Which of these is an example of a complete protein source?

- A) Beans
- B) Rice
- C) Eggs**
- D) Bread

11. What is the process called by which plants use sunlight to synthesize foods with the help of chlorophyll?

- A) Respiration
- B) Fermentation
- C) Photosynthesis**
- D) Digestion

12. Which type of fat is generally considered the least healthy when consumed in excess?

- A) Monounsaturated fats
- B) Polyunsaturated fats
- C) Saturated fats**
- D) Omega-3 fatty acids

13. Which vitamin is essential for vision and cell growth?

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

14. What is the main role of minerals in the body?

- A) Providing immediate energy
- B) Forming body structures and regulating body processes**
- C) Storing genetic information
- D) Breaking down food

15. Which of the following is a common method of food preservation that involves removing water?

- A) Fermentation
- B) Canning
- C) Freezing
- D) Drying**

16. What is the primary source of energy for the brain?

- A) Fats
- B) Proteins
- C) Glucose (from carbohydrates)**
- D) Vitamins

17. Which vitamin is water-soluble and plays a role in wound healing and immune function?

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

18. What is the process by which food is broken down into simpler substances that can be absorbed by the body?

- A) Metabolism
- B) Digestion**
- C) Assimilation
- D) Excretion

19. Which of the following is a complex carbohydrate?

- A) Sugar
- B) Honey
- C) Starch**
- D) Fruit juice

20. What does the 'Best Before' date on food packaging typically indicate?

- A) The date the food will spoil
- B) The date by which the food is best eaten for quality**
- C) The last day the food can be sold
- D) The date of manufacture