

Introduction to Dietetics

Dietetics · Practice Test · 12 Questions

1. Which of the following is a macronutrient that provides energy for the body?

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

2. What is the primary role of protein in the body?

- A) To store energy
- B) To build and repair tissues
- C) To regulate body temperature
- D) To absorb vitamins

3. Which type of fat is generally considered the healthiest for cardiovascular health?

- A) Saturated fats
- B) Trans fats
- C) Monounsaturated fats
- D) Cholesterol

4. What are the main functions of dietary fibre?

- A) Provides rapid energy
- B) Aids in digestion and promotes gut health
- C) Builds muscle mass
- D) Transports oxygen in the blood

5. Which of these is a water-soluble vitamin?

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

6. What is the main source of energy for the brain?

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

7. Which mineral is essential for strong bones and teeth?

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

8. What is the recommended daily intake of water for an average adult?

- A) 1-2 litres
- B) 2-3 litres
- C) 4-5 litres
- D) Less than 1 litre

9. Which of the following foods is a good source of complex carbohydrates?

- A) White bread
- B) Sugary drinks
- C) Whole grains
- D) Candy

10. What does the term 'empty calories' refer to?

- A) Foods that are very low in calories
- B) Foods that provide energy but few essential nutrients
- C) Foods that are rich in vitamins but low in protein
- D) Foods that are high in fibre

11. Which nutrient is crucial for the transport of oxygen in the blood?

- A) Vitamin K
- B) Iron
- C) Zinc
- D) Folate

12. What is the primary function of antioxidants in the body?

- A) To store energy for later use
- B) To build and repair cells
- C) To protect cells from damage caused by free radicals
- D) To regulate blood sugar levels