

Fundamentals of Dietetics: Essential Nutrition Facts

Dietetics · Answer Key · 5 Questions

1. What is the primary role of carbohydrates in the human body?

- A) Building and repairing tissues
- B) Providing the body with energy**
- C) Insulating organs and storing vitamins
- D) Regulating fluid balance

2. Which macronutrient is essential for building and repairing muscle and other body tissues?

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

3. What unit is commonly used to measure the energy content of food?

- A) Grams
- B) Litres
- C) Calories**
- D) Milligrams

4. Which of the following is an example of a fat-soluble vitamin?

- A) Vitamin C
- B) Vitamin B12
- C) Vitamin D**
- D) Folic Acid

5. Drinking an adequate amount of water daily is crucial for which bodily function?

- A) Hair growth stimulation
- B) Improving vision acuity
- C) Regulating body temperature**
- D) Strengthening fingernails