

Understanding Nutrition and Balanced Diets

Health Education · Practice Test · 5 Questions

1. What science studies nutrients found in foods and their actions in the body?

- A) Biology
- B) Chemistry
- C) Nutrition
- D) Anatomy

2. What are two examples of nutrients mentioned in the text?

- A) Proteins and carbohydrates
- B) Vitamins and minerals
- C) Proteins and vitamins
- D) Fats and sugars

3. According to the text, what does what you eat affect?

- A) Your mood
- B) Your wealth
- C) Your health
- D) Your sleep

4. How is a balanced diet described in the text?

- A) A diet with only vegetables
- B) A diet chosen to provide calories and nutrients in the right proportions
- C) A diet with low calories
- D) A diet high in proteins

5. Why is a balanced diet important for our organs and tissues?

- A) To make them look good
- B) For them to function effectively
- C) To give them energy for exercise
- D) To help them sleep better