

Understanding Nutrition and Health

Nutrition Science · Answer Key · 10 Questions

1. What is one important role of cholesterol in the body?

- A) To build muscle
- B) To help produce hormones**
- C) To improve eyesight
- D) To increase blood flow

2. Which type of fat is generally considered harmful if consumed in excess?

- A) Unsaturated fats
- B) Saturated fats**
- C) Plant oils
- D) Nut fats

3. What is a characteristic of saturated fats at room temperature?

- A) They are liquid
- B) They are gaseous
- C) They are solid**
- D) They evaporate

4. Why are unsaturated fats considered beneficial?

- A) They help reduce high blood cholesterol levels**
- B) They turn into sugar
- C) They provide no energy
- D) They are always artificial

5. Fats can be sourced from which of the following?

- A) Only plants
- B) Only animals
- C) Both plants and animals**
- D) Neither

6. What is a common health concern associated with excessive sugar consumption?

- A) Increased muscle mass
- B) Tooth decay**
- C) Better vision
- D) Stronger bones

7. Which nutrient class is essential for helping the body absorb certain vitamins?

A) Sugars

B) Fats

C) Water

D) Starch

8. What is one primary function of carbohydrates in the diet?

A) To provide energy

B) To replace bones

C) To block digestion

D) To store iron

9. Which food group is a typical source of carbohydrates?

A) Cereals

B) Pure salt

C) Water

D) Mineral oil

10. What role does fiber (often found in carbohydrate-rich foods) play in the digestive system?

A) It causes tooth decay

B) It helps control the emptying of the stomach

C) It removes all vitamins

D) It increases cholesterol absorption