

Understanding Nutrition and Health

Nutrition Science · Practice Test · 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