Fundamentals of Nutrition and Dietetics

Dietetics · Answer Key · 18 Questions

1. Which macronutrient is the body's primary source of energy?

A) Protein
B) Carbohydrates
C) Fats
D) Vitamins

2. How many calories does one gram of fat provide?

A) 4 calories
B) 7 calories
C) 9 calories
D) 12 calories

3. Which mineral is essential for maintaining strong bones and teeth?

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

4. Which vitamin is primarily produced by the body when skin is exposed to sunlight?

A) Vitamin A
B) Vitamin C
C) Vitamin D
D) Vitamin K

5. What is the main function of protein in the human body?

A) Insulation
B) Energy storage
C) Building and repairing tissues
D) Regulating blood pressure

6. Which of these is considered a 'complete' protein source containing all essential amino acids?

A) Rice
B) Beans
C) Eggs
D) Spinach

7. Fiber is a type of which nutrient?

A) Protein
B) Carbohydrate
C) Fat
D) Vitamin

8. Which nutrient is required in the largest amount by the human body?

A) Water
B) Calcium
C) Vitamin C
D) Iron

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

A) Gram
B) Kilojoule or Calorie
C) Milligram
D) Liter

10. Which type of fat is generally considered the healthiest for the heart?

A) Trans fats
B) Saturated fats
C) Unsaturated fats
D) Hydrogenated fats

11. Which organ is primarily responsible for filtering waste products from the blood?

A) Heart
B) Kidneys
C) Stomach
D) Lungs

12. What is the main role of Vitamin C in the body?

A) Improving night vision
B) Boosting immune system function
C) Regulating sleep
D) Increasing muscle mass

13. Excessive intake of which mineral is commonly linked to high blood pressure?

A) Sodium
B) Calcium
C) Magnesium
D) Potassium

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14. Iron is most vital for the transport of which substance in the blood?

A) Glucose
B) Oxygen
C) Calcium
D) Fat

15. Which of the following is a fat-soluble vitamin?

A) Vitamin C
B) Vitamin B12
C) Vitamin A
D) Vitamin B6

16. What nutrient is found in dairy products and is important for muscle contraction?

A) Calcium
B) Fiber
C) Starch
D) Sugar

17. Which food group provides the most Vitamin C?

A) Grains
B) Fruits and vegetables
C) Meat
D) Dairy

18. Water makes up approximately what percentage of the human adult body?

A) 20-30%
B) 40-50%
C) 60-70%
D) 80-90%

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