

Quiz: How Well Do You Know Nutrients?

By Christy Bahan, RD LD

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- 1. What is the primary function of Carbohydrates?**
(i.e. Why do we need to eat carbohydrates?) They:
 - A. Transport vitamins & minerals in our body.
 - B. Carry oxygen in our blood.
 - C. Provide the main source of energy for our body.
- 2. Name a food source that contains Carbohydrates:**
 - A. Milk
 - B. Fruit
 - C. Corn
 - D. None of the above
 - E. All of the above
- 3. T/F: White forms of Carbohydrates (potato, rice, pasta, flour, sugar) are “bad” & should be avoided?**
- 4. Carbohydrates are digested (i.e. “broken down) into _____ to be used by the body.**
- 5. Why should we eat Fiber?**
 - A. It helps keep our digestive tract “regular” & helps maintain bowel health.
 - B. It can help lower cholesterol levels.
 - C. It can improve blood sugar levels.
 - D. It can aid weight loss.
 - E. All of the above.
- 6. What is the primary function of Protein?**
(i.e. why do we need to eat protein?)
 - A. It is needed to build & repair the body’s cells & tissues (like muscle).
 - B. It is needed to maintain a healthy immune system.
 - C. It is needed to carry oxygen in our blood.
 - D. All of the above.
- 7. Name a lean source of protein:**
 - A. Ground turkey
 - B. Cuts of meat with the words “Loin” or “Round”
 - C. Chicken Thighs
- 8. Name a non-meat source that contains Protein:**
 - A. Milk
 - B. Beans
 - C. Tofu
 - D. All of the above
- 9. Proteins are digested (i.e. broken down) into _____ to be used by the body.**

Nutrient Quiz, continued

10. What is the primary function of Fats?

(i.e. why do we need to eat fat?)

- A. We do not need to eat food with fats.
- B. To absorb fat-soluble vitamins.
- C. Helps us to feel full when eating.
- D. B & C

11. Which is true about Saturated Fats?

- A. They are solid at room temperature.
- B. They come from primarily animal sources.
- C. Eating a lot of saturated fat increases blood cholesterol levels & heart disease risk.
- D. Coconut Oil is a saturated fat.
- E. All of the above.

12. Which is true about Monounsaturated Fats?

- A. Canola Oil is a monounsaturated fat.
- B. Monounsaturated fat may protect against heart disease.
- C. They are liquid at room temperature.
- D. Coconut oil is a monounsaturated fat.
- E. All but D.

13. Which is true about Polyunsaturated Fats?

- A. They come from plant sources.
- B. They are liquid at room temperature.
- C. There are many sources including corn & soybean oils
- D. All of the above.

14. Which is true about Trans Fat?

- A. They are the most unhealthy type of fat.
- B. They are made by taking a liquid vegetable oil & processing it into a solid.
- C. They can be naturally occurring.
- D. They were created as a cheap source of fat with a long shelf life for food products.
- E. You should look at the nutrition facts panel to determine if any trans fat is in a food product.
- F. All but E.

15. T/F: Omega-3 Fatty Acids are considered “essential” because our body can not make them & we need to get them from a food source.

16. Which is true about Water?

- A. The majority of the human body is water.
- B. It's function is to regulate body temperature.
- C. Thirst is a good indicator for our body's water needs
- D. It is not considered to be a nutrient
- E. A & B.

17. Which is true about Vitamins & Minerals?

- A. You can not meet your vitamin & mineral needs from food alone & should take a vitamin/mineral supplement.
- B. The best way to meet your vitamin & mineral needs is to consume a variety of foods from each food group.