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1. A substance needed by the body for growth, energy, repair and maintenance is called a _____.

- A: nutrient
- B: carbohydrate
- C: calorie
- D: fatty acid

Ans: A

2. All of the following are nutrients found in food except _____.

- A: plasma
- B: proteins
- C: carbohydrates
- D: vitamins

Ans: A

3. A diet high in saturated fats can be linked to which of the following?

- A: kidney failure
- B: bulimia
- C: anorexia
- D: cardiovascular disease

Ans: D

4. Amylases in saliva begin the breakdown of carbohydrates into _____.

- A: fatty acids
- B: polypeptides
- C: amino acids
- D: simple sugars

Ans: D

5. Your body needs vitamins and minerals because _____.

- A: they give the body energy
- B: they help carry out metabolic reactions
- C: they insulate the body's organs
- D: they withdraw heat from the body

Ans: B

6. Food passes through the stomach directly by _____.

- A: the large intestine
- B: the small intestine
- C: the heart
- D: the pancreas

Ans: B

7. About half of your diet should be made up of _____.

- A: grains and vegetables
- B: fruits and milk
- C: milk and cheese
- D: fats and sugars

Ans: A

8. A mineral that the body needs to work properly is _____.

A: calcium

B: silver

C: gold

D: lead

Ans: A

9. According to the MyPyramid food guidance system, a person should obtain most of their fat from _____.

A: beef, chicken, and fish

B: vegetable oils, nuts, and fish

C: fats, oils, and sweets

D: milk, yogurt, and cheese

Ans: B

10. A(n) _____ is a unit of energy that indicates the amount of energy contained in food.

A: label

B: food guide pyramid

C: calorie

D: basket

Ans: C