

Preparing for Life and Career © 2013
Chapter 16: Nutrition and You—Interactive Quiz Questions

- _____ 1. The substances in food that are used by your body to grow and function properly are called _____.
- A. chemicals
 - B. carbohydrates
 - C. nutrients
 - D. nutrition
- _____ 2. In addition to protein, carbohydrates, fats, vitamins, and minerals, the sixth nutrient is _____.
- A. soda
 - B. water
 - C. oil
 - D. amino acids
- _____ 3. The body's main source of energy comes from _____.
- A. carbohydrates
 - B. fats
 - C. minerals
 - D. water
- _____ 4. Foods that are _____ provide vitamins, minerals, and other substances that may have positive health effects with relatively few calories.
- A. fatty
 - B. sugary
 - C. diet foods
 - D. nutrient dense
- _____ 5. MyPlate is divided into _____ main food groups.
- A. five
 - B. six
 - C. seven
 - D. eight
- _____ 6. A person's _____ describes the proportion of body fat to lean mass in the body.
- A. energy balance
 - B. calorie balance
 - C. body composition
 - D. basal metabolism

- _____ 7. Unsafe diet plans, or _____, are rarely successful and can be unhealthy.
- A. fad diets
 - B. basal metabolism
 - C. organic food choices
 - D. nutrient-dense food choices
- _____ 8. Uncontrollable urges to eat large amounts of food followed by behavior to avoid weight gain is called _____.
- A. anorexia nervosa
 - B. bulimia nervosa
 - C. binge-eating disorder
 - D. fasting
- _____ 9. As children get older, their need for nutrients continues to _____.
- A. remain the same
 - B. constantly change
 - C. decrease
 - D. increase
- _____ 10. A food _____ is a reaction to a food that is unpleasant, but not the result of an immune response.
- A. allergy
 - B. tolerance
 - C. intolerance
 - D. addiction