

Adventures in Food and Nutrition! © 2012

Chapter 2: Nutrients: The Building Blocks of Health—Interactive Quiz Questions

- _____ 1. _____ are the fuel that keeps your body running.
- A. Vitamins
 - B. Calories
 - C. Minerals
 - D. Phytochemicals
- _____ 2. The three types of carbohydrates are _____.
- A. fiber, starch, and sugars
 - B. starch, sugars, and phytonutrients
 - C. antioxidants, phytonutrients, and fiber
 - D. folic acid, riboflavin, and starch
- _____ 3. _____ is the part of plants that humans cannot digest.
- A. Starch
 - B. Sugar
 - C. Fiber
 - D. Folic acid
- _____ 4. _____ fat tends to be liquid at room temperature.
- A. Saturated
 - B. *Trans*
 - C. Unsaturated
 - D. Hydrogenated
- _____ 5. _____ is an example of an unsaturated fat.
- A. Butter
 - B. Margarine
 - C. Coconut oil
 - D. Olive oil
- _____ 6. _____ oil is an example of a saturated fat.
- A. Palm
 - B. Soybean
 - C. Corn
 - D. Peanut
- _____ 7. Which food does *not* contain cholesterol?
- A. Chicken.
 - B. Fish.
 - C. Nuts.
 - D. Milk.

Name _____ Date _____

- _____ 8. Which of the following is a fat-soluble vitamin?
- A. Vitamin C.
 - B. Vitamin A.
 - C. Thiamin.
 - D. Riboflavin.
- _____ 9. Which of the following is a water-soluble vitamin?
- A. Niacin.
 - B. Vitamin D.
 - C. Vitamin E.
 - D. Vitamin K.
- _____ 10. Antioxidants protect cells from damage that can be caused by _____.
- A. potassium
 - B. minerals
 - C. zinc
 - D. oxygen