

Nutrients & Protein Foods Unit Test

Instructions: Read each question or statement carefully. Answer ALL questions before clicking “Finish”.

Using the word bank below, drag and drop the term that best matches the description below.	
Protein	Carbohydrates
Fat	Vitamins
Minerals	Water
1. Responsible for growth, repair and maintenance of cells & tissue.	
2. Helps to control body functions.	
3. Dilutes substances entering the body.	
4. Too much of this nutrient is not good for you.	
5. Found in cereals, pasta and rice.	
6. Has letters A, B, C, D, E, & K.	

Choose which nutrient matches the sources below:

7. Chicken, Milk Eggs
8. Potatoe, Grits, Corn
9. Orange, Strawberries, Apples

True or False

- | | | |
|--|------|-------|
| 10. Milk is a complete food. | True | False |
| 11. Milk is a plant protein. | True | False |
| 12. Cheese is made from milk. | True | False |
| 13. Eggs has three main parts. | True | False |
| 14. Cheese can only be uses at dinner. | True | False |

Short Answers

15. How are the following used in food preparation?

Egg

Milk

Cheese
