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

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Short Answers

15. How are the following used in food preparation?

Egg

_____

_____

Milk

_____

_____

Cheese

_____

_____

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