

Name: \_\_\_\_\_ Date: \_\_\_\_\_

- 1 Which one of these substances can be stored in the human skeleton?
  - a. calcium
  - b. oxygen
  - c. food
  - d. water
- 2 If a person wants to prevent the onset of the disease scurvy. Which food must be present in that person's diet?



- 3 Which row in the table below gives the correct information about a food nutrient?

	nutrient	use in the body
A	maltose sugar	production of protoplasm
B	vitamin C	manufacture of enzymes and hormones
C	iron	release of energy in cells
D	calcium	growth and repair of bones and teeth

- 4 Michelle put several drops of iodine on a piece of white bread and it immediately turned a blue-black color. What does this show the bread contained?
  - a. fat
  - b. protein
  - c. glucose
  - d. starch
- 5 Carbohydrates and fats are both made of the same three elements. What are they?
  - a. calcium, phosphorus, sodium
  - b. carbon, hydrogen and oxygen
  - c. iron, iodine and magnesium
  - d. nitrogen, chlorine and helium
- 6 The table shows the partial consumption of four different foods. Which food, by itself, would provide the greatest amount of energy for the body?

food	protein	fat	carbohydrate
A	1.4 g	0.0 g	7.5 g
B	8.6 g	1.7 g	56.0 g
C	2.1 g	0.2 g	24.0 g
D	0.6 g	83.0 g	0.0 g

- 7 Michelle eats a sandwich made of:
 

2 slices of bread	-	60 calories in each slice
3 slices of ham	-	50 calories in each slice
1 slice of tomato	-	5 calories in each slice
2 spoonful's of mayonnaise	-	70 calories in each spoonful

What is the total number of calories in the whole sandwich?

- a. 415
- b. 290
- c. 155
- d. 120

This table gives information about the amount of calories used by a small-framed adult and a large-framed adult while doing certain activities. Use the table to answer questions 8-10

Activity	Calories Used in 1 hour	
	Small framed adult	Large framed adult
Sleeping	50	65
Walking	180	240
Running	700	1000
Playing Tennis	380	460

- 8 Ian is a large-framed adult. He woke up at 6:00 am, after six hours of sleep. He walked for  $\frac{1}{2}$  hour and then he played tennis for 2 hours. How many calories Ian would have used in these activities?
- 1000
  - 1105
  - 1430
  - 1765
- 9 Henry is a small-framed adult. He woke up at 6:30am, after eight hours of sleep. He went running for 1 hour and then played tennis for one hour. How many calories would John have used in these activities?
- 780
  - 1000
  - 1130
  - 1310
- 10 If Henry and Ian go running together for 30 minutes, who will use more calories? How much more calories will he use?
- Henry will use 300 more calories than Ian will.
  - Ian will use 150 more calories than Henry will.
  - Ian will use 300 more calories than Henry will.
  - Henry and Ian will use the same number of calories.
- 11 A young girl has rickets and is being treated by a doctor. Which row in the table below gives correct information about this condition?

	cause of disease	main symptoms	treatment
A	bacterial infection	aches and pains in joints	antibiotic medicines
B	lack of Vitamin D	soft bones	Vitamin D pills or injections
C	lack of iron	weakness and fatigue	iron pills or tonics
D	virus infection	sore throat	aspirin and bed rest

- 12 Which row in this table correctly shows how named nutrients are mainly used by the body?

	used for growth	used for energy
A	fats and fiber	carbohydrates and minerals
B	fiber and vitamins	water and fats
C	carbohydrates and proteins	vitamins and water
D	proteins and minerals	carbohydrates and fats

- 13 Which row in the table below gives correct information about the mineral iodine?

	The use of iodine in the body	Good Food Sources of Iodine	Deficiency Disease
A	healthy eyes	carrots and cabbage	night blindness
B	healthy bones and teeth	milk and eggs	rickets
C	healthy thyroid gland	salt and seafood	goiter
D	healthy skin and nails	chicken and rice	scurvy

- 14 What nutrient turns black when tested with iodine?

- fat
- reducing sugar
- protein
- starch

