

L. N. Coakley Science Department

~~The Muscular System~~ Unit Quiz

FOOD AND NUTRITION.

Name: _____ Date: _____ Grade _____.

1. Create a meal plan for one day using the recommended servings for each group.

BREAKFAST


SNACK _____.

LUNCH

SNACK _____.

DINNER

SNACK _____.



2. What is calorie? Explain its importance to the human body.

3. List the five food groups:

- I.

- II.

- III.

- IV.

- V.

4. State how each food type specifically benefits the body.

- i.

- ii.

- iii.

- iv.

- v.

5. 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	Goitre
D	Healthy Skin and Nails	Chicken and Rice	Scurvy

6. This table shows the partial composition of 150 g of four different foods. Which one food, by itself would provide the body with the most energy?

Food	Carbohydrates	Fats	Protein	Fiber
A	0.5 g	74.0 g	1.1 g	0.0
B	1.0 g	0.5 g	13.0 g	0.0
C	12.0 g	1.0 g	4.0 g	3.0
D	18.0 g	1.3 g	8.2 g	12.0

7. Why fiber is important in the diet?
- a) It provides the body with energy.
 - b) It allows the growth of body tissues.
 - c) It protects the body cell from diseases.
 - d) It prevents constipation.

8. Which of these beverge will contain nutrients that could help to prevent the deficiency disease called scurvy?

Cocoa

Milk

Orange juice

Tea



A:



B:



C:



D:

9. The table shows the results of a blood test of four people.

	Cholesterol leves	Glucose level	Calcium level
Craig	High	High	Low
Jermine	Normal	Low	Normal
Crystal	Normal	Normal	High
Ronique	Low	Low	Normal

9.1 Which of the four people might be advice to by their doctor to go on a diet that is low on refine sugars and saturated fats?

- a) Craig
- b) Jermine
- c) Crystal
- d) Ronique

10. Amy takes in 50% of the daily recommended allowance for vitamin C.

Which of the following best completes this statement?

- a) Amy needs 50 % more vitamin C for that day.
- b) Amy ingested too much vitamin C for that day.
- c) Amy needs no more vitamin C for that day.
- d) Amy has a 50% chance of developing an illness.

11. How much calories are in a large cheese and pepperoni pizza Hut?

Nutrition facts for a service size of 1 whole Pizza Hut.



Ingredient	Calories
28 g of Fat	248
25 g of Protein	99.2
64 g of Carbohydrate	272.8
Total Calories	