

PART I – MULTIPLE CHOICE (1–25)

Choose the letter of the correct answer. Write only the letter on your answer sheet.

1. Nutrients are substances found in food that are essential for _____ and the maintenance of life.
 - a. beauty
 - b. growth
 - c. taste
 - d. smell
2. Which of the following is **not** one of the six essential nutrients?
 - a. Carbohydrates
 - b. Proteins
 - c. Vitamins
 - d. Sugar
3. Nutrients help the body by building and repairing body tissues, regulating body processes, and _____.
 - a. weakening the immune system
 - b. providing energy to the body
 - c. causing sickness
 - d. storing fat
4. There are _____ essential nutrients that the body needs to grow, develop, and function normally.
 - a. five
 - b. six
 - c. seven
 - d. ten
5. Nutrients are classified into two kinds: macronutrients and _____.
 - a. megavitamins
 - b. micronutrients
 - c. minerals
 - d. enzymes
6. Macronutrients include carbohydrates, proteins, fats, and _____.
 - a. water
 - b. fiber
 - c. salt
 - d. oil
7. Micronutrients include _____.
 - a. vitamins and minerals
 - b. carbohydrates and water
 - c. proteins and fats
 - d. oil and sugar
8. Carbohydrates provide energy for the muscles, nerves, and _____.
 - a. brain
 - b. bones

- c. stomach
 - d. lungs
9. Proteins build and repair _____ and body tissues.
- a. organs
 - b. bones
 - c. cells
 - d. hair
10. Fats aid in the absorption of vitamins _____.
- a. A, D, E, and K
 - b. B and C
 - c. E and F
 - d. A and C
11. Water helps transport nutrients to cells and aids in _____.
- a. sleep
 - b. digestion
 - c. hearing
 - d. movement
12. Minerals build _____ and teeth.
- a. muscles
 - b. skin
 - c. bones
 - d. hair
13. Vitamin A helps maintain healthy skin, teeth, and soft tissues, and promotes _____.
- a. energy
 - b. good vision
 - c. appetite
 - d. rest
14. Calcium builds and maintains strong _____.
- a. nails
 - b. bones and teeth
 - c. muscles
 - d. hair
15. Potassium maintains fluid and electrolyte balance in the _____.
- a. eyes
 - b. heart
 - c. body
 - d. lungs
16. The Food Pyramid is a popular _____ nutrition guide.
- a. mathematical
 - b. graphical
 - c. alphabetical
 - d. scientific
17. The Food Pyramid was introduced in _____.
- a. 1974
 - b. 1984

- c. 1994
 - d. 2004
18. The bottom section of the Food Pyramid shows foods recommended for _____.
a. smaller intake
b. larger intake
c. daily avoidance
d. occasional use
19. Body-Building Food includes fish, meat, milk, and other foods rich in _____.
a. carbohydrates
b. protein
c. fats
d. sugar
20. Body-Regulating Food includes fruits and vegetables rich in _____.
a. water and minerals
b. vitamins and minerals
c. carbohydrates and fats
d. sugar and salt
21. Energy-Giving Food includes bread, grains, and root crops rich in _____.
a. protein
b. carbohydrates
c. vitamins
d. water
22. The MyPlate model was introduced by the United States Department of Agriculture in _____.
a. 2010
b. 2011
c. 2012
d. 2013
23. The color orange in the MyPlate model stands for _____.
a. dairy
b. fruits
c. grains
d. vegetables
24. The color green in the MyPlate model represents _____.
a. fruits
b. vegetables
c. protein
d. grains
25. The color blue in the MyPlate model represents _____.
a. dairy
b. protein
c. grains
d. fruits
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PART II – IDENTIFICATION (26–32)

Write the correct answer on the line.

26. Nutrients that the body needs in large amounts – _____
 27. Nutrients that the body needs in small amounts – _____
 28. The nutrient that helps eliminate toxins and wastes from the body – _____
 29. The vitamin that helps blood clot normally – _____
 30. The guide that shows the right kinds of food and how much to eat – _____
 31. The model that uses colors and food group divisions on a plate – _____
 32. The department that introduced MyPlate in 2011 – _____
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PART III – ENUMERATION (33–37)

33–36. List the four main functions of nutrients in the body:

37. Give two examples of Body-Regulating Food:

PART IV – ESSAY (38–40)

Answer in complete sentences.

38. Explain the difference between **macronutrients** and **micronutrients**.
39. Why is it important to follow the **Food Pyramid** or **MyPlate model** when planning meals?
40. How can eating a balanced diet help you stay healthy and strong?