



Food and Nutrients

Read the following questions and choose the correct answer

อ่านคำถามต่อไปนี้และเลือกคำตอบที่ถูกต้อง

1. What are the 5 types of nutrients that we find in the food?
 - a. Food and fats
 - b. Nutrients and protein
 - c. Protein, carbohydrate, vitamin, mineral and fats
2. Which food nutrient provides our body with the energy?
 - a. Fats
 - b. Proteins
 - c. Carbohydrate
3. Which food nutrient build and repair our body muscle and tissues?
 - a. Fats
 - b. Proteins
 - c. Mineral and vitamin
4. Which food nutrients keep our body insulated and keep warm?
 - a. Fats
 - b. Water
 - c. Carbohydrates
5. Which food nutrient keeps our body fit and healthy?
 - a. Water
 - b. Protein
 - c. Mineral and vitamin



6. carries nutrients all over the body and keep us hydrated?
 - a. Water
 - b. Carbohydrate
 - c. Mineral and vitamin
7. Which food group does milk and egg belong to?
 - a. Protein
 - b. Carbohydrate
 - c. Mineral and vitamin
8. Which food group does fruits and vegetables belong to?
 - a. Protein
 - b. Carbohydrate
 - c. Mineral and vitamin
9. Butter and oil have that gives you extra energy
 - a. Fats
 - b. Water
 - c. Protein
10. We need to do our daily activities
 - a. Protein foods
 - b. Mineral and vitamin foods
 - c. Carbohydrate food