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

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 – _____

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?