

Name: _____

Date: _____

Nutrition Concepts

Test your understanding of key nutrition concepts, including macronutrients, micronutrients, and dietary requirements, and their effects on overall health.



1. Which nutrient is primarily responsible for enzymatic reactions and hormone production in the body?

- A. Carbohydrates
- B. Proteins
- C. Fats
- D. Vitamins

2. A diet deficient in vitamin D and calcium may lead to:

- A. Anemia
- B. Osteoporosis
- C. Scurvy
- D. Beriberi

3. The glycemic index (GI) of a food measures:

- A. Its protein content
- B. Its effect on blood glucose levels
- C. Its fat absorption rate
- D. Its vitamin concentration

4. Omega-3 fatty acids are essential because they:

- A. Provide immediate energy
- B. Reduce inflammation and support cardiovascular health
- C. Strengthen bones
- D. Aid in vitamin absorption

5. Which of the following is considered a complete protein source?

- A. Rice
- B. Lentils
- C. Egg
- D. Corn