Nutrition Quiz Answer Key PDF

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Which macronutrient is primarily responsible for building and repairing tissues in the body?

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

What are some strategies for planning a balanced meal that meets nutritional needs?

Some strategies for planning a balanced meal include incorporating a variety of food groups, ensuring appropriate portion sizes, and focusing on nutrient-dense options.

How can understanding food groups and portion sizes help in maintaining a healthy diet?

By recognizing the different food groups and their appropriate portion sizes, individuals can create meals that provide essential nutrients while managing calorie intake, which is crucial for maintaining a healthy diet.

Reflect on a common nutritional myth you have heard and explain why it is incorrect based on scientific evidence.

Eating fat does not necessarily make you fat; rather, it is the overall caloric balance and quality of the diet that influences weight.

Which mineral is crucial for oxygen transport in the blood?

A. Calcium
B. Iron ✓
C. Potassium

D. Magnesium

Which vitamin is essential for calcium absorption in the body?

A. Vitamin A
B. Vitamin C
C. Vitamin D ✓
D. Vitamin E

Which of the following is considered a complete protein source?

A. Rice
B. Beans
C. Chicken ✓
D. Broccoli

What is the recommended daily intake of fruits and vegetables according to most dietary guidelines?

A. 1-2 servings
B. 3-4 servings
C. 5-9 servings ✓
D. 10-12 servings

Which foods are high in dietary fiber? (Select all that apply)

A. Apples ✓
B. White bread
C. Lentils ✓
D. Cheese

What are some benefits of a balanced diet? (Select all that apply)

A. Improved energy levels ✓
B. Weight gain
C. Better digestion ✓

D. Reduced risk of chronic diseases ✓

Which of the following are common dietary restrictions? (Select all that apply)

A. Vegan ✓
B. Gluten-free ✓
C. Low-sodium ✓
D. High-protein

Describe how you would interpret the information on a nutrition label to make a healthy food choice.

I would interpret the nutrition label by first checking the serving size to understand the portion I am consuming, then looking at the total calories to ensure it fits within my daily intake. Next, I would evaluate the amounts of saturated fat, trans fat, sugars, and fiber, aiming for lower saturated fat and sugar levels while seeking higher fiber content to promote better health.

Which nutrients are particularly important for bone health? (Select all that apply)

A. Calcium ✓
B. Vitamin D ✓
C. Iron
D. Vitamin C

Discuss the impact of hydration on physical and mental performance.

Proper hydration enhances physical performance by maintaining endurance and strength, while also supporting cognitive functions such as concentration and decision-making, ultimately improving overall mental performance.

Explain the role of carbohydrates in the body and why they are important for energy.

Carbohydrates play a vital role in the body by serving as the main source of energy. They are broken down into glucose, which is used by cells for immediate energy or stored as glycogen for later use.

Which of the following are considered micronutrients? (Select all that apply)

A. Proteins

B. Vitamins ✓
C. Minerals ✓
D. Carbohydrates

What is the main purpose of the % Daily Value on nutrition labels?

A. To indicate the calorie content
B. To show how much of a nutrient is in a serving ✓
C. To provide ingredient information
D. To list potential allergens

Which of the following is a common symptom of dehydration?

A. Increased energy
B. Clear urine
C. Headache ✓
D. Improved concentration

What factors contribute to global malnutrition? (Select all that apply)

A. Food scarcity ✓
B. Poor dietary choices ✓
C. Economic instability ✓
D. Overeating

What is the primary function of dietary fiber in the human diet?

A. Provide energy
B. Aid digestion ✓
C. Build muscle
D. Store fat