

## Nutrition Quiz PDF

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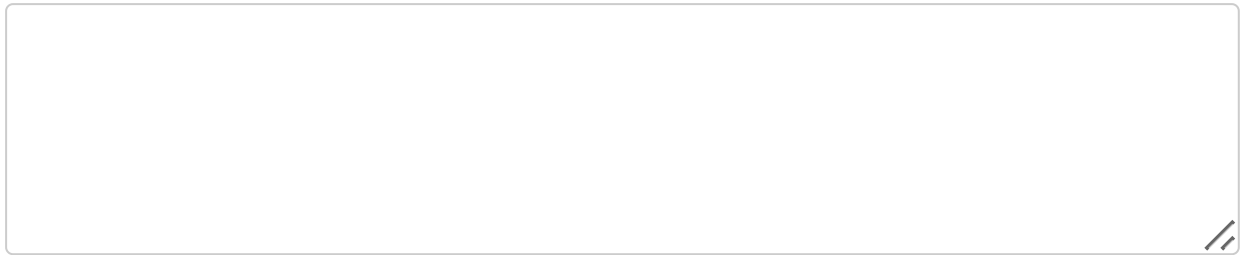
**Which macronutrient is primarily responsible for building and repairing tissues in the body?**

- Carbohydrates
- Proteins
- Fats
- Vitamins

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

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

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



**Which mineral is crucial for oxygen transport in the blood?**

- Calcium
- Iron
- Potassium
- Magnesium

**Which vitamin is essential for calcium absorption in the body?**

- Vitamin A
- Vitamin C
- Vitamin D
- Vitamin E

**Which of the following is considered a complete protein source?**

- Rice
- Beans
- Chicken
- Broccoli

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

- 1-2 servings
- 3-4 servings
- 5-9 servings
- 10-12 servings

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

- Apples
- White bread

- Lentils
- Cheese

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

- Improved energy levels
- Weight gain
- Better digestion
- Reduced risk of chronic diseases

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

- Vegan
- Gluten-free
- Low-sodium
- High-protein

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

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

- Calcium
- Vitamin D
- Iron
- Vitamin C

**Discuss the impact of hydration on physical and mental performance.**

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

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

- Proteins
- Vitamins
- Minerals
- Carbohydrates

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

- To indicate the calorie content
- To show how much of a nutrient is in a serving
- To provide ingredient information
- To list potential allergens

**Which of the following is a common symptom of dehydration?**

- Increased energy
- Clear urine
- Headache
- Improved concentration

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

- Food scarcity
- Poor dietary choices
- Economic instability
- Overeating

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

- Provide energy
- Aid digestion
- Build muscle
- Store fat