SASKATCHEWAN HEALTH SCIENCE 20 · UNIT B · 25 QUESTIONS

Nutrition — Practice Test

This practice test was made by AI and there may be mistakes. If a question or answer looks wrong, use the Flag a mistake button to let Brett know so he can fix it.

1 **A nutrient that is the body main source of energy is called**

- A carbohydrate
- B fat
- C vitamin
- D mineral

Understand It with Pulse | Flag a mistake

2 **Carbohydrates provide energy mainly as**

- A amino acids
- B glucose
- C fatty acids
- D vitamins

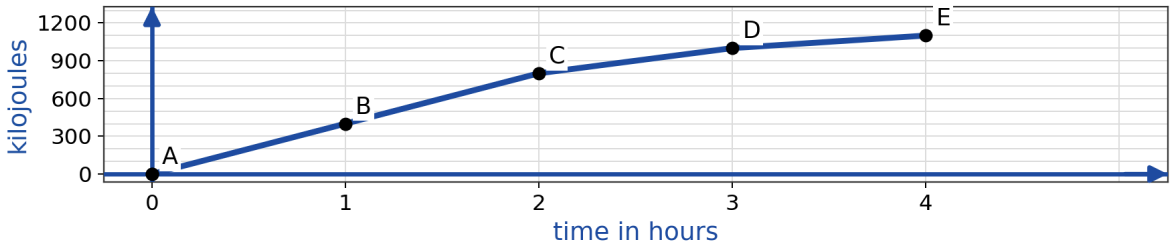
Understand It with Pulse | Flag a mistake

3 **Out of 100 students surveyed, 20 chose the same answer. The percent who chose it is _____**

ANSWER _____

Understand It with Pulse | Flag a mistake

4 **The graph shows energy from a meal over time. The energy at 2 hours, in kilojoules, is _____**



ANSWER _____

Understand It with Pulse | Flag a mistake

5 **A nutrient used to build and repair body tissues is called**

A vitamin

B mineral

C protein

D fibre

Understand It with Pulse | Flag a mistake

6 **Proteins are built from**

A glucose units

B fatty acids

C minerals

D amino acids

Understand It with Pulse | Flag a mistake

7 **Out of 150 students surveyed, 30 chose the same answer. The percent who chose it is ____**

ANSWER _____

Understand It with Pulse | Flag a mistake

8 **A nutrient that stores energy and insulates the body is called**

- A fat
- B mineral
- C fibre
- D calorie

Understand It with Pulse | Flag a mistake

9 **Which nutrient is most important for building muscle**

- A fibre
- B protein
- C vitamin C
- D water alone

Understand It with Pulse | Flag a mistake

10 **Out of 200 students surveyed, 40 chose the same answer. The percent who chose it is ____**

ANSWER _____

Understand It with Pulse | Flag a mistake

11 **An organic nutrient needed in small amounts for body functions is called**

A fibre

B calorie

C vitamin

D balanced diet

Understand It with Pulse | Flag a mistake

12 **A diet high in saturated fat and low in fibre is linked to higher risk of**

A better eyesight

B stronger bones

C faster healing

D heart disease

Understand It with Pulse | Flag a mistake

13 **A meal contains bread, rice and pasta. These foods are mainly**

A carbohydrates

B proteins

C fats

D vitamins

Understand It with Pulse | Flag a mistake

14 **An inorganic nutrient needed in small amounts for body functions is called**

A mineral

B calorie

C balanced diet

D malnutrition

Understand It with Pulse | Flag a mistake

15 **Fibre helps the body mainly by**

A building bone

B aiding digestion

C carrying oxygen

D making hormones

Understand It with Pulse | Flag a mistake

16 **Which food is the best source of protein**

A chicken

B white bread

C butter

D sugar

Understand It with Pulse | Flag a mistake

17 **Plant material that helps digestion and is not digested is called**

A balanced diet

B malnutrition

C fibre

D metabolism

Understand It with Pulse | Flag a mistake

18 **A student eats only chips and pop for lunch every day. The diet is most likely to be**

A balanced

B high in salt and sugar and low in fibre

C high in protein

D rich in vitamins

Understand It with Pulse | Flag a mistake

19 **A unit of energy in food is called**

A malnutrition

B metabolism

C carbohydrate

D calorie

Understand It with Pulse | Flag a mistake

20 **Sugar in two drinks: Drink A has 40 grams per can and Drink B has 10 grams per can. Drink A has more sugar by, in grams,**

ANSWER _____

Understand It with Pulse | Flag a mistake

21 **A diet that provides all nutrients in the right amounts is called**

A balanced diet

B metabolism

C carbohydrate

D protein

Understand It with Pulse | Flag a mistake

22 **Calcium is a mineral important for**

A strong bones and teeth

B carrying oxygen in blood

C making insulin only

D digesting fibre

Understand It with Pulse | Flag a mistake

23 **Poor health caused by too little or too much of a nutrient is called**

A carbohydrate

B malnutrition

C protein

D fat

Understand It with Pulse | Flag a mistake

24 **A person who eats no meat can still get enough protein by eating**

A only sugar

B beans, lentils and tofu

C only butter

D only white rice

Understand It with Pulse | Flag a mistake

25 **All chemical processes that keep the body alive is called**

A protein

B fat

C metabolism

D vitamin

Understand It with Pulse | Flag a mistake

ANSWER KEY

1. A
2. B
3. 20
4. 800
5. C
6. D
7. 20
8. A
9. B
10. 20
11. C
12. D
13. A
14. A
15. B
16. A
17. C
18. B
19. D
20. 30
21. A
22. A
23. B
24. B
25. C

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