

FOOD NUTRITION MCQs pdf

FOOD NUTRITION Multiple Choice Questions with Answers :-

1. A substance needed by the body for growth, energy, repair and maintenance is called a_____.

- A. nutrient
- B. carbohydrate
- C. calorie
- D. fatty acid

Ans: A

2. All of the following are nutrients found in food except_____.

- A. plasma
- B. proteins
- C. carbohydrates
- D. vitamins

Ans: A

3. A diet high in saturated fats can be linked to Find which of the following?

- A. kidney failure
- B. bulimia
- C. anorexia
- D. cardiovascular disease

Ans: D

4. Amylases in saliva begin the breakdown of carbohydrates into_____.

- A. fatty acids
- B. polypeptides
- C. amino acids
- D. simple sugars

Ans: D

5. Your body needs vitamins and minerals because_____.

- A. they give the body energy
- B. they help carry out metabolic reactions
- C. they insulate the body's organs
- D. they withdraw heat from the body

Ans: B

6. Food passes through the stomach directly by_____.

- A. the large intestine
- B. the small intestine
- C. the heart
- D. the pancreas

Ans: B

7. About half of your diet should be made up of_____.

- A. grains and vegetables
- B. fruits and milk
- C. milk and cheese
- D. fats and sugars

Ans: A

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