

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

Multiple Choice Question On Nutritional Status

Adele Pillitteri



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Nutrition and Biochemistry for Nurses - E-Book Venkatraman Sreemathy, Sucheta P. Dandekar, 2015-07-15 What's New in the Second Edition Recent developments in food standards Ready reckoner of nutritive values of common foods Several chapters revised to provide information on recent trends in clinical biochemistry Several chapters revised for better clarity of concepts

Advanced Nutrition Carolyn D. Berdanier, Lynnette A. Berdanier, 2015-02-12 Expanded and updated the new edition of Advanced Nutrition Macronutrients Micronutrients and Metabolism continues in the tradition of its predecessor serving as an essential textbook for advanced undergraduate and first year graduate students studying human nutrition The book incorporates fundamental concepts in nutrition science while also a

Nutrition, Choice and Health-Related Claims Tiziana de-Magistris, 2020-05-28 This book presents different articles focused on the role of nutritional properties and or health related claims on choice preferences choice behavior healthy eating healthy diet and the willingness to pay for certain foods

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