

## **Quiz: How Well Do You Know Nutrients?**

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*updated 2018*

1. **What is the primary function of Carbohydrates?**  
(i.e. Why do we need to eat carbohydrates?) They:
  - A. Transport vitamins & minerals in our body.
  - B. Carry oxygen in our blood.
  - C. Provide the main source of energy for our body.
2. **Name a food source that contains Carbohydrates:**
  - A. Milk
  - B. Fruit
  - C. Corn
  - D. None of the above
  - E. All of the above
3. **T/F: White forms of Carbohydrates (potato, rice, pasta, flour, sugar) are “bad”& should be avoided?**
4. **Carbohydrates are digested (i.e. “broken down) into \_\_\_\_\_ to be used by the body.**
5. **Why should we eat Fiber?**
  - A. It helps keep our digestive tract “regular” & helps maintain bowel health.
  - B. It can help lower cholesterol levels.
  - C. It can improve blood sugar levels.
  - D. It can aid weight loss.
  - E. All of the above.
6. **What is the primary function of Protein?**  
(i.e. why do we need to eat protein?)
  - A. It is needed to build & repair the body’s cells & tissues (like muscle).
  - B. It is needed to maintain a healthy immune system.
  - C. It is needed to carry oxygen in our blood.
  - D. All of the above.
7. **Name a lean source of protein:**
  - A. Ground turkey
  - B. Cuts of meat with the words “Loin” or “Round”
  - C. Chicken Thighs
8. **Name a non-meat source that contains Protein:**
  - A. Milk
  - B. Beans
  - C. Tofu
  - D. All of the above
9. **Proteins are digested (i.e. broken down) into \_\_\_\_\_ to be used by the body.**

### *Nutrient Quiz, continued*

**10. What is the primary function of Fats?**

**(i.e. why do we need to eat fat?)**

- A. We do not need to eat food with fats.
- B. To absorb fat-soluble vitamins.
- C. Helps us to feel full when eating.
- D. B & C

**11. Which is true about Saturated Fats?**

- A. Most are solid at room temperature.
- B. They come from primarily animal sources.
- C. Eating a lot of saturated fat increases blood cholesterol levels & heart disease risk.
- D. Coconut Oil is a saturated fat.
- E. All of the above.

**12. Which is true about Monounsaturated Fats?**

- A. Canola Oil is a monounsaturated fat.
- B. Monounsaturated fat may protect against heart disease.
- C. They are liquid at room temperature.
- D. Coconut oil is a monounsaturated fat.
- E. All but D.

**13. Which is true about Polyunsaturated Fats?**

- A. They come from plant sources.
- B. They are liquid at room temperature.
- C. There are many sources including corn & soybean oils
- D. All of the above.

**14. Which is true about Trans Fat?**

- A. They are the most unhealthy type of fat.
- B. They are made by taking a liquid vegetable oil & processing it into a solid.
- C. They can be naturally occurring.
- D. They were created as a cheap source of fat with a long shelf life for food products.
- E. You should look at the nutrition facts panel to determine if any trans fat is in a food product.
- F. All but E.

**15. T/F: Omega-3 Fatty Acids are considered “essential” because our body can not make them & we need to get them from a food source.**

**16. Which is true about Water?**

- A. The majority of the human body is water.
- B. It's function is to regulate body temperature.
- C. Thirst is a good indicator for our body's water needs
- D. It is not considered to be a nutrient
- E. A & B.

**17. Which is true about Vitamins & Minerals?**

- A. You can not meet your vitamin & mineral needs from food alone & should take a vitamin/mineral supplement.
- B. The best way to meet your vitamin & mineral needs is to consume a variety of foods from each food group.