

Nutrition Study Questions

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1. A major reason we must eat and drink regularly is acquire the nutrients needed to provide _____, make _____, and regulate _____.
2. List the six (6) major classes of nutrients.
3. What is ingested determines the amount of calories we take in. Give an accounting as to the contributions of each type of nutrient below. Carbohydrate __ kcal/gm ~ Alcohol __ kcal/gm ~ Water __ kcal/gm ~ Protein __ kcal/gm ~ Fat __ kcal/gm ~ Vitamins __ kcal/gm
4. _____ nutrients cannot be manufactured by the body and so must be obtained from our diet.
5. Which of the six major classes of nutrients is not “essential.”
6. The primary function of carbohydrates is _____.
7. Simple carbohydrates are digested and absorbed quickly. T/F
8. Insoluble fiber has a laxative effect. T/F
9. Complex carbohydrates tend to contain higher levels of fiber, vitamins and minerals than simple carbohydrates. T/F
10. Complex carbohydrates have a sweet taste. T/F
11. List the four main functions of lipids in the diet.
12. Name an essential saturated fat.
13. List some vital functions of cholesterol in your body.
14. Which essential fatty acid leads to the production of an anti-inflammatory prostaglandin?
15. This type of lipid increases the risk of cancer and cardiovascular disease by contributing to the production of defective plasma membranes.
16. The major role of proteins is _____.
17. _____, an organic trace nutrient, contain the element _____ and are sensitive to the heat of cooking.
18. The first ingredient listed on a package label is the most abundant by _____.
19. Unlike the 1992 Food Pyramid, the 2005 version emphasizes the importance of _____ foods and _____.

Nutrition Study Questions KEY

20. A major reason we must eat and drink regularly is acquire the nutrients needed to provide **energy**, make **building blocks**, and regulate **body functions**.
21. List the six (6) major classes of nutrients. **Carbohydrates, lipids, proteins, vitamins, minerals and water**
22. What is ingested determines the amount of calories we take in. Give an accounting as to the contributions of each type of nutrient below. Carbohydrate **4** kcal/gm ~ Alcohol **7** kcal/gm ~ Water **0** kcal/gm ~ Protein **4** kcal/gm ~ Fat **9** kcal/gm ~ Vitamins **0** kcal/gm
23. **Essential** nutrients cannot be manufactured by the body and so must be obtained from our diet.
24. Which of the six major classes of nutrients is not “essential.” **carbohydrates**
25. The primary function of carbohydrates is **energy production**.
26. Simple carbohydrates are digested and absorbed quickly. **True**
27. Insoluble fiber has a laxative effect. **True**
28. Complex carbohydrates tend to contain higher levels of fiber, vitamins and minerals than simple carbohydrates. **True**
29. Complex carbohydrates have a sweet taste. **False**
30. List the four main functions of lipids in the diet. **energy source, protection/insulation, cell membranes, vitamins/hormones**
31. Name an essential saturated fat. **There are none**
32. List some vital functions of cholesterol in your body. **sex hormones, PM, vit D, bile**
33. Which essential fatty acid leads to the production of an anti-inflammatory prostaglandin? **omega-3 unsaturated fatty acid**
34. This type of lipid increases the risk of cancer and cardiovascular disease by contributing to the production of defective plasma membranes. **trans fatty acid**
35. The major role of proteins is **providing structural building blocks**.
36. **Vitamins**, an organic trace nutrient, contain the element **carbon** and are sensitive to the heat of cooking.
37. The first ingredient listed on a package label is the most abundant by **weight**.
38. Unlike the 1992 Food Pyramid, the 2005 version emphasizes the importance of **whole grain** foods and **physical activity**.