

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

Food And Nutrition Cxc Paper Multiple Choice

D Keegan



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Yourself on These Questions United States. Department of Agriculture,Colorado State College (Fort Collins, Colo.). Extension Service,1942* **Nutrition and Metabolism** Sivakumar Joghi Thatha Gowder,2024-11-18 The book Nutrition

and Metabolism A comprehensive multiple choice questions book with answers is crafted especially for students and professionals eager to deepen their understanding of nutrition and metabolism through focused practice This book is structured as a comprehensive question bank offering a range of multiple choice questions MCQs that cover core principles essential processes and applied knowledge in nutrition and metabolism The primary goal of this book is to serve as a practical resource for exam preparation and knowledge reinforcement With questions designed to challenge clarify and build on foundational concepts students and professionals can actively engage with the material test their understanding and identify areas for improvement These exercises cover critical topics from nutrient metabolism to biochemical pathways and provide a dynamic approach to mastering this complex field Whether preparing for exams or seeking to enhance practical knowledge readers will find this book a valuable companion As students or professionals work through these questions they ll gain confidence and competence empowering them to succeed in their knowledge *Food and Nutrition Study* President's Reorganization Project (U.S.),1977 **Visualizing Nutrition** Mary B. Grosvenor,Lori A. Smolin,Laura R.

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