

Food and Nutrients Practice Worksheet

Visit CK12.org for Free Online Practice

True False Questions

Indicate True or False for the following Statements.

1. All macronutrients, except water, can be used by the body for energy. (True/False)
2. Dietary lipids are broken down during digestion to provide the amino acids needed for protein synthesis. (True/False)

Select All That Apply Questions

For each question, three to six alternative choices are given, of which one or more than one is correct. You have to select the correct alternatives and mark it in the appropriate option.

3. Which of the following nutrients provide energy for the body?
 - a. carbohydrates
 - b. enzymes
 - c. lipids
 - d. proteins

Fill in the Blanks Questions

Fill in the answer blanks with correct answer.

4. _____ are chemical elements that are essential for body processes.
Answer:
5. _____ are chemicals in food that your body needs.
Answer:

Multiple Choice Questions

For each question, four alternative choices are given, of which only one is correct. You have to select the correct alternative and mark it in the appropriate option.

6. What is the daily protein requirement for both males and females aged 9-13 years?
 - a. 46 g
 - b. 34 g
 - c. 52 g
7. What are the main purposes of nutrients?
 - a. energy, metabolism, control of body processes
 - b. energy, gut health, building materials
 - c. building materials, weight management, metabolism

- d. energy, building materials, control of body processes
8. A function of vitamin A is to maintain
- a. healthy bones.
 - b. blood clotting.
 - c. good vision.
 - d. normal cell membranes.
9. The nutrients classified as macronutrients are required in _____ quantities for the human body.
- a. Larger
 - b. Smaller
 - c. Minute
 - d. None of the above
10. What is one reason that minerals are important nutrients?
- a. they provide the building blocks for protein synthesis
 - b. they allow muscles to function properly
 - c. they help the body break down fats
 - d. they give you a burst of energy