

Nutrition midterm Exam Chapters

1-7 Practice Question Answers

Which of the following best defines nutrition?

- a) A science that includes everything about food.
- b) A science that tells you how to eat.
- c) A science that older than other sciences.
- d) A science that pertains primarily to the American diet.

Answer: a)

Nutrition contributes to Wellness. Which of the following describes how nutrition can contribute to wellness?

- a) Providing energy for physical activity and brain function.
- b) Preventing and treating specific chronic illness.
- c) Providing an opportunity for social interaction.
- d) All of the above are ways that nutrition can contribute to wellness.

Answer: d)

According to the United States Department of Agriculture Food Database a large hard boiled egg provides 60 Calories and 6 grams of protein. How many Calories are coming from protein?

- a) 60 Calories
- b) 54 Calories
- c) 6 Calories
- d) 24 Calories

Answer: (d) The USDA is a good source of nutrient information. The macronutrient protein provides 4 Calories per gram. $6\text{ grams} \times 4\text{ Calories/gram} = \underline{\hspace{2cm}}\text{Calories}$. $6\text{ grams} \times 4\text{ Calories/gram} = 24\text{ Calories from Protein}$

Which of the following is the term used to identify nutrients that are required in relatively small amounts?

- a) Macronutrients
- b) Micronutrients
- c) Trace nutrients
- d) Organic nutrients

Answer: b)

Water is an important nutrient. Which of the following is a function of water in the body?

- a) Transport of nutrients
- b) Regulation of nerve impulses
- c) Regulation of body temperature
- d) All of the above are functions of water in the body

Answer: d)

Chapters 1 6 Midterm Mastery Test

LL Leslie

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