

Nutrition Test Answer Key

A. Food Groups

1. Fruits and Vegetables
2. Grains
3. Dairy and Dairy Substitutes
4. Meat and Meat Substitutes

B. Major Nutrients

1. Protein

- a. includes these elements: carbon, hydrogen, oxygen, nitrogen and some others
- b. meat sources
 - i. pork
 - ii. beef
 - iii. poultry (chicken, turkey, duck)
 - iv. lamb
 - v. fish

c. non-meat animal sources

- i. dairy (milk, yogurt, cheese)
- ii. eggs

d. vegetarian combinations

- i. grains and legumes
- ii. grains and dairy
- iii. soy and grains

e. benefits

- i. builds muscles and organs
- ii. fights illnesses
- iii. helps blood clot
- iv. carries nutrients in blood
- v. maintains acid/alkaline balance
- vi. forms antibodies
- vii. provide heat and energy
- viii. forms hormones

2. Carbohydrates

- a. includes these elements: carbon, hydrogen, oxygen
- b. fruit sources
 - i. apple
 - ii. banana
 - iii. citrus (orange, grapefruit)
- c. vegetable sources
 - i. broccoli
 - ii. carrot
 - iii. yam
- d. grain sources
 - i. wheat
 - ii. rice
 - iii. corn
 - iv. oats
 - v. rye

e. benefits

- i. provides fibre or cellulose
- ii. provides energy
- iii. provides heat
- iv. regulates metabolism of fats and proteins

f. dangers

- i. blood sugar fluctuations can lead to diabetes
- ii. obesity
- iii. tooth decay
- iv. indigestion, heartburn and nausea

3. Fats

- a. includes these elements: carbon, hydrogen, oxygen
- b. healthy sources
 - i. olive and coconut oil, fish oil
 - ii. avocados, nuts and seeds
- c. unhealthy sources
 - i. fast food or processed food
 - ii. candy
- d. benefits
 - i. smooth skin
 - ii. shiny hair
 - iii. warmth
 - iv. energy for muscles
 - v. absorbs vitamins A, D, E & K
 - vi. builds cell membranes

C. Micronutrients

1. Vitamins

- a. sources of A
 - i. carrots
 - ii. dark green leafy vegetables
 - iii. yams
- b. benefits of A
 - i. helps eyes see in dim light
 - ii. keeps skin healthy
 - iii. helps bones grow
 - iv. keeps linings of body smooth
- c. sources of B
 - i. liver
 - ii. legumes (peanuts, beans)
 - iii. green leafy vegetables
 - iv. whole grains
 - v. eggs

- d. benefits of B
 - i. energy
 - ii. reduces effects of stress
- e. sources of C
 - i. broccoli
 - ii. citrus (oranges, grapefruit)
 - iii. sweet peppers
 - iv. sprouts
 - v. liver
- f. benefits of C
 - i. heals wounds
 - ii. fights infections
 - iii. helps absorb iron & other vitamins
- g. sources of D
 - i. eggs
 - ii. milk
 - iii. sunlight
 - iv. liver and fish

- h. benefits of D
 - i. helps bones grow
 - ii. helps teeth be strong
- i. sources of E
 - i. vegetable oil
 - ii. avocados
- j. benefits of E
 - i. helps absorb other nutrients
 - ii. helps blood carry oxygen, so helps keeps us warm
 - iii. helps protect us from air pollution
 - iv. helps wounds heal
- k. sources of K
 - i green leafy vegetables
 - ii. cauliflower
- l. benefits of K
 - i. helps blood clot

2. Minerals

a. sources of calcium

- i. dairy
- ii. broccoli
- iii. canned salmon & sardines

b. benefits of calcium

- i. muscles work better
- ii. builds strong bones
- iii. helps blood clot

c. sources of magnesium

- i. broccoli
- ii. dark chocolate
- iii. milk

d. benefits of magnesium

- i. breaks down carbohydrates
- ii. helps absorb calcium
- iii. regulates body temperature
- iv. helps heart work properly

e. sources of iron

- i. leafy green vegetables
- ii. meat (liver, oysters)

f. benefits of iron

- i. makes red blood cells
- ii. fights stress and disease

g. sources of potassium

- i. bananas
- ii. potatoes
- iii. tomatoes
- iv. orange juice

h. benefits of potassium

- i. keeps the heart beating
- ii. helps maintain water balance

i. sources of fluoride

- i. water
- ii. toothpaste

- j. benefits of fluoride
 - i. keeps teeth strong
 - ii. helps deposition of calcium
- k. sources of sodium
 - i. salt
 - ii. seafood
- l. benefits of sodium
 - i. regulate water balance
 - ii. keep minerals soluble in blood
- m. sources of zinc
 - i. shellfish
 - ii. whole grains with yeast
 - iii. liver
- n. benefits of zinc
 - i. helps wounds heal
 - ii. helps ability to taste food