

Name: _____ Date: _____

Nutrition test review

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| 1. The result of poor diet, generally caused by a lack of nutrients. | A. Vegetarian |
| 2. The study of the nutrients in food and how they nourish the body. | B. Peak |
| 3. Compounds produced by plants. | C. Lipid |
| 4. How many basic categories of nutrients are there. | D. Soda |
| 5. First in First out | E. Oxidation |
| 6. Kosher salt has a _____ flavor than table salt and is somewhat coarser | F. Oils |
| 7. A person that consumes no meat, fish or poultry products. | G. Fiber |
| 8. A main source of energy for the body and are needed by the body to utilize protein and fat efficiently | H. Calories |
| 9. Unique because it is on found in plant based food and cannot be digested by people | I. Raw |
| 10. Often called "bad" cholesterol and is a result of eating foods with high levels of saturated fats and trans fats. | J. Organic |
| 11. Eating _____ foods, especially fruits and vegetables, can provide nutritious options, but some foods provide more nutrients after cooking. | K. Nutrition |
| 12. There are are several ways you can make a food more healthy including adding more fiber, fruits or vegetables, or reducing _____ | L. Phytochemicals |
| 13. Products that have been grown without the use of pesticides or synthetic fertilizers. | M. Hormones |
| 14. May provide additional nutritional value or may be more disease-resistant. | N. Genetically modified food |
| 15. Without proper nutrition it is impossible for the human body to function at it's _____. | O. LDL |
| 16. These fats are generally more saturated then liquid vegetable oils. | P. Fat content |
| 17. This very important simple sugar is the body's primary source of energy. | Q. Six |
| 18. A common starch | R. Potatoe |

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| 19. Are liquid at room temperature | S. Corn |
| 20. An important hormone to regulate sugar is | T. Glucose |
| 21. Another word for fat. | U. FIFO |
| 22. The energy released by some nutrients is measured in | V. Carbohydrates |
| 23. An example of a complex carbohydrate | W. purer |
| 24. The chemical processes that causes unsaturated fats to spoil is called | X. Animal |
| 25. special chemical messengers that regulate different body functions. | Y. Insulin |
| 26. An example of a simple carbohydrate | Z. Malnutrition |