The Chemical Foundation of Digestion pp 354-358

1. For humans a healthy diet includes what number of essential nutrients ?
   a. 2 b. 4 c. 6 d. 8

2. A human who decides not to eat meat would be classified as a/an
   a. Autotroph b. Carnivore c. Heterotroph d. Herbivore

3. Which statement is most accurate ?
   a. autotrophs consume food, heterotrophs produce food
   b. autotrophs produce food, heterotrophs consume food
   c. both autotrophs & heterotrophs consume food but only autotrophs produce food
   d. both autotrophs & heterotrophs produce food but only autotrophs consume food

4. Which is part of a balanced diet ?
   a. Protein, vitamins & minerals b. Carbohydrates & water
   c. Fats d. Both a & b e. A, b & c

5. Which complex carbohydrate is manufactured in the body of an animal ?
   a. Glucose b. Glycogen c. Starch d. Sucrose

6. Which is a long-term source of energy stored by the body ?
   a. Carbohydrate b. Cholesterol c. Lipid d. Protein

7. Which is a quick source of energy for the body ?
   a. Carbohydrate b. Cholesterol c. Lipid d. Protein

8. Fats are essential nutrients
   a. True b. False

9. Which is a function of fat in the body ?
   a. Insulation against cold b. Protection from injury c. Source of energy
   d. Component of hormones e. All of the above

10. This carbohydrate, manufactured from fatty acids, is stored in the liver and used by the body as a quick source of energy
    a. Glucose b. Maltose c. Glycerol Sucrose

11. A complete protein is composed of ---- essential amino acids
    a. 8 b. 10 c. 18 d. 20

12. Proteins are necessary to
    a. Build muscle cells b. Make antibodies c. Insulate nerves
    d. Both a and b e. A, b & c

13. Why are minerals necessary for good nutrition ? They
    a. Prevent infection b. Provide energy
    c. Enable chemical reactions d. Allow essential weight gain

14. Minerals are components of many vitamins
    a. True b. False

15. Vitamins are necessary for the functioning of many of the body's enzymes
    a. True b. False

16. Which vitamin is NOT fat soluble ?
    a. A b. C c. D d. E e. K

17. This vitamin is necessary in blood clotting; too little results in easy bruising
    a. A b. C c. D d. E e. K

18. Exposure to sunlight will ensure production of ample amounts of this vitamin, which is necessary for the development of strong bones and teeth
    a. A b. C c. D d. E e. K

19. Without enough of this vitamin you might get lost in the dark!
    a. A b. C c. D d. E e. K

20. Too much of this vitamin will make your muscles weak.
    a. A b. C c. D d. E e. K