

Nutrition Exam 1

1. What nutrient does not provide energy

- A. Carbohydrates
 - B. Vitamins
 - C. Proteins
 - D. Lipids -
- B

2. Which element is found in protein but is not found in carbohydrates and lipids

- A. Nitrogen
 - B. Carbon
 - C. Hydrogen
 - D. Oxygen -
- A

3. How many calories per gram are supplied by fats and oils

- A. 9
 - B. 4
 - C. 5
 - D. 7 -
- A

4. A kilocalorie is the amount of heat energy it takes to raise the temperature of 1 gram of water 1 degree Celsius

- A. True
 - B. False -
- B

5. How many calories are in a food that contains 12g carbohydrate, 3g alcohol, 0g fat, and 3g protein

- A. 112
 - B. 81
 - C. 75
 - D. 124 -
- B

6. Animal sources, such as meat, seafood, dairy products, and eggs, supply about two-thirds of the protein intake for most people around the world

- A. True
 - B. False -
- B

7. Foods are selected based mainly on _____

- A. Hunger
- B. Appetite
- C. Custom
- D. Cost -

Nutrition Exam Questions With Answers

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