Chapter 2 – Nutritional Needs – Quiz

1. \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ are substances the body cannot make and must be supplied by the food you eat.
2. What are the six main essential nutrients? \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_
3. Consuming too much of some nutrients can cause \_\_\_\_\_\_\_\_\_\_.
4. Doctors may recommend \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ to help make up for nutrient shortages in the diet.
5. \_\_\_\_\_\_\_\_\_\_ are the bodies main source of energy.
6. A carbohydrate deficiency can cause the body to use \_\_\_\_\_\_\_\_\_\_as an energy source.
7. Based on the amount of hydrogen atoms found in their molecules, fatty acids are classified as \_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_.
8. No more than 10% of total calories come from \_\_\_\_\_\_\_\_\_\_ fats.
9. Proteins, the third category of essential nutrients are made of \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_.
10. *Vita* is the Latin word for \_\_\_\_\_\_\_\_\_\_.
11. The body needs at least 21 \_\_\_\_\_\_\_\_\_\_ for good health, which can be obtained from a variety of foods.
12. Between 50 and 75 percent of the body is \_\_\_\_\_\_\_\_\_\_.
13. Foods must go through the processes of digestion and absorption before the body can use the \_\_\_\_\_\_\_\_\_\_ they contain.
14. \_\_\_\_\_\_\_\_\_\_ takes place in the cells after the body absorbs nutrients.