**Nutrition & Food Science Test**

Fill in the Blank

*Fill in the blank with the correct term(s).*

1. A balanced diet is one that includes all the \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the science of food.
3. Essential \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ must be obtained from food.
4. The transition period between childhood and adulthood is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. The human body is made of 50-70% \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Matching

*Write the letter that matches the term.*

1. Fat-Soluble Vitamin B. Water-Soluble Vitamin C. Mineral

|  |  |
| --- | --- |
| 1. B12
2. Calcium
3. Zinc
4. C
5. Copper
 | 1. A
2. K
3. B6
4. D
5. Magnesium
 |

Complete the List

*Write 5 foods from each food group and the 6 essential nutrients.*

Fruits #16-20; Vegetables #21-25; Dairy #26-30; Protein #31-35; Whole Grains #36-40;

6 Essential Nutrients #41-46

Multiple Choice

*Write the letter of the best answer choice.*

47. The first sign of dehydration is:

 a. thirst b. coma c. no longer sweating d. muscle fatigue

48. The most common eating disorder is:

 a. bulimia b. anorexia c. binge eating d. starvation

49. The growth of hair in abnormal places is a physical symptom of:

 a. anorexia b. binge eating c. bulimia d. monkey-it is

50. Constipation is a physical symptom of:

 a. anorexia b. binge eating c. bulimia d. too much fiber