**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