

Directions: For each question, place a check mark in the correct box.

- 1 What do carbohydrates do for you?
 a. Make you tired b. Give you energy c. Make you strong d. All the above
- 2 What does protein do for you?
 a. Turns food into energy b. Develops muscles, hair and nails
 c. Helps you sleep d. None of the above
- 3 What does fat do for you?
 a. Acts as reserve energy b. Keeps your body heat in
 c. Acts like a cushion to protect you d. All of the above
- 4 What do vitamins do for you?
 a. Help with bone growth b. Turn food into energy
 c. Help you see better in the dark d. Both A and C are correct
- 5 What do minerals do for you?
 a. Give you energy b. Turn food into energy
 c. Make you feel good d. All of the above
- 6 What does water do for you?
 a. Moves the nutrients into your cells b. Removes waste from your cells
 c. Makes you sweat d. Both A and B are correct
- 7 What nutrient turns food into energy?
 a. Water b. Fat c. Minerals d. Vitamins
- 8 Which of the following **carbohydrates** does not give you energy?
 a. Sugar b. Fiber
 c. Starch d. Both A and B are correct
- 9 Which food item is mostly made up of protein and fat?
 a. Spaghetti b. Ice Cream c. Chicken d. Oatmeal
- 10 Which of the following are three different types of carbohydrates?
 a. Fiber, protein starch b. Fiber, sugar, sucrose
 c. Fiber, starch, sugar d. Fiber, starch, pasta