

## Chapter 3 Test, Nutrients

To complete this test, you will need to fill in the blank for some and circle the most correct answer for others.

1. Your body changes carbohydrates into a simple sugar called \_\_\_\_\_.
2. Eating healthy foods helps you concentrate in school: True False
3. What vitamin helps your eyesight?
4. Doughnuts are not healthy because they do not have nutrients and they're full of fat and sugar:  
True False
5. A \_\_\_\_\_ is a measurement of a unit of energy.
6. Eating treats does not make you feel hungry sooner than you should: True False
7. \_\_\_\_\_ carbohydrates are good for long-term energy. \_\_\_\_\_ carbohydrates are good for a quick energy boost.
8. What vitamin can you get from sunlight? \_\_\_\_\_

Fill in the blank choices:

Complex  
Mineral  
Vitamin D  
Calorie  
Protein  
Simple  
Fats  
Glucose  
Vitamin B  
Vitamin A