

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. Peppers are a vegetable, so they do not contain Vitamin C: True False
2. Your organs are made up of tissues. Those tissues are made up of :
Muscle Proteins Nutrients Carbohydrates
3. Healthy foods are packed with _____ to help you grow.
4. Your bones begin to lose this after you stop growing. _____
5. Carbohydrates are either _____ or _____.
6. These type of vitamins are used by your body right away.
7. Lipids are also known as _____, a source of energy.
8. This nutrient is needed for brainpower. Without it, you may feel dizzy. _____
9. What is the vitamin that also comes from sunlight? _____
10. Salty foods and foods with caffeine can make your body lose this nutrient. _____

Fill in the blank choices:

Calcium
Iron
Potassium
Vitamin A
Simple
Fats
Vitamin D
Complex
Nutrients
Water soluble