**NUTRITION KNOWLEDGE TEST**

1. Which of the following is the concept of "taking the nutrients the body needs into the body as much as needed"?

a) Adequate diet

b) Balanced diet

c) Healthy diet

d) Proper diet

1. Which of the following nutrients meets the body's need for vitamins?

a) Vegetables and fruits

b) Legumes and water

c) Meat products and fruits

d) Vegetables and grains

1. Which of the following is a common nutritional problem in adolescence?

a) Vitamin K deficiency

b) Uncontrolled increase in iodine and iron

c) Loss of muscle mass

d) Disordered eating behavior

1. Which of the following is not an essential nutrient?

a) Electrolyte

b) Fat

c) Protein

d) Carbohydrate

1. In which of the following options, the essential nutrients required for the continuation of metabolic activities are correctly specified?

a) Protein, fat, meat, vitamins and milk

b) Carbohydrates, proteins, fats, minerals, vitamins and water

c) Rice, protein, fat, vegetables and vitamins

d) Fiber, protein, fat, water and egg

1. What is the breakdown of nutrients into the smallest elements called?

a) Anabolism

b) Catabolism

c) Digestion

d) Excretion

1. Which of the following is the essential nutrient has the most calories per gram (9 kcal)?

a) Fat

b) Carbohydrate

c) Protein

d) Vitamins

1. Which of the following is not a type of carbohydrate?

a) Disaccharides

b) Monosaccharides

c) Polysaccharides

d) Bisaccharides

1. Which of the following is not one of the functions of protein in the human body?

a) Growth and development

b) Tissue repair and regeneration

c) Hemoglobin production

d) Acting as a primary energy source

1. What is the daily protein requirement for sedentary individuals?

a) 0.8-1.2 g/kg

b) 0.4-0.6 g/kg

c) 1.2-1.6 g/kg

d) 0.2-0.6 g/kg

1. Which of the following is not one of the functions of fats in the human body?

a) Production of the testosterone

b) Maintaining body temperature

c) Absorption and transport of water-soluble vitamins (B, C)

d) Protection of vital internal organs from external environment

1. Which of the following is a type of fat that is beneficial for human health?

a) Saturated fats

b) Solid fats

c) Unsaturated fats

d) High-fat dairy products

1. Approximately what percent of the body is made up of minerals?

a) 3%

b) 6%

c) 9%

d) 1%

1. Which of the following is not a type of mineral?

a) Glucose

b) Calcium

c) Iron

d) Magnesium

1. Which of the following is the correct classification of vitamins?

a) Fat soluble-Water soluble

b) Fat soluble-Air soluble

c) Water soluble-Acid soluble

d) Acid soluble-Fat soluble

1. Which of the following is not a source of vitamin D?

a) Sunlight

b) Butter

c) Dark green leafy vegetables

d) Egg yolk

1. Which of the following is false statement about water?

a) It is the most important substance in the human organism after oxygen.

b) It is responsible for the exchange of substances in the body.

c) It takes a role in metabolic activities.

d) It is made up of hydrogen and nitrogen.

1. What is the recommended daily water intake (liter) for adults?

a) 0.8-1.5 L

b) 1.2-1.7 L

c) 2.5-3 L

d) 3.5-4 L

1. Which of the following is the most important essential nutrient in meeting daily energy needs?

a) Fat

b) Protein

c) Carbohydrate

d) Mineral

1. Which of the following is the most abundant essential nutrient in foods?

a) Fat

b) Protein

c) Carbohydrate

d) Water

1. Which of the following protein products has the highest digestibility?

a) Read meat

b) Chicken egg

c) Fish meat

d) Legumes

1. In which of the following options, fat types are correctly specified?

a) Saturated - Monounsaturated - Polyunsaturated

b) Unsaturated - Monounsaturated - Polyunsaturated

c) Saturated - Monounsaturated - Binary unsaturated

d) Saturated - Monosaturated - Polyunsaturated