

Hard Multiple Choice Questions – Nutrition

1. Which of the following best defines good nutrition?

- A) Eating large quantities of food
- B) Consuming nutrients only for energy
- C) Consuming food and nutrients to maintain healthy body functions
- D) Avoiding fats and carbohydrates

Answer: C

2. Which nutrient is considered the primary and most immediate source of energy for body cells?

- A) Fructose
- B) Glycogen
- C) Glucose
- D) Sucrose

Answer: C

3. Excess glucose that is not immediately used by the body is primarily converted into:

- A) Amino acids
- B) Glycogen or body fat
- C) Vitamins
- D) Ketone bodies only

Answer: B

4. Which of the following carbohydrates is classified as a complex carbohydrate?

- A) Lactose
- B) Fructose
- C) Glucose
- D) Starch

Answer: D

5. Which characteristic is TRUE about saturated fats?

- A) Liquid at room temperature
- B) Mainly from plant sources
- C) Solid at room temperature
- D) Free of fatty acids

Answer: C

6. Complete proteins are best described as proteins that:

- A) Contain all essential amino acids
- B) Are derived only from plant sources
- C) Provide no energy
- D) Lack nitrogen

Answer: A

7. How many amino acids are essential and cannot be synthesized by the human body?

- A) 11
- B) 20
- C) 9
- D) 5

Answer: C

8. According to recommended dietary intake, carbohydrates should provide approximately:

- A) 10–15% of total calories
- B) 30% of total calories
- C) 55–60% of total calories
- D) 80% of total calories

Answer: C

9. Which vitamin deficiency is most directly associated with night blindness?

- A) Vitamin D
- B) Vitamin E
- C) Vitamin K
- D) Vitamin A

Answer: D

10. Fat-soluble vitamins are characterized by their ability to:

- A) Dissolve in water and be excreted easily
- B) Provide calories
- C) Be stored in the body
- D) Act as enzymes

Answer: C

11. Which water-soluble vitamin is essential for collagen synthesis and wound healing?

- A) Vitamin B12
- B) Vitamin C
- C) Thiamin
- D) Niacin

Answer: B

12. Osteoporosis is most commonly associated with deficiency of:

- A) Iron
- B) Sodium
- C) Calcium
- D) Potassium

Answer: C

13. Which trace mineral deficiency leads to enlargement of the thyroid gland (goiter)?

- A) Iron
- B) Zinc
- C) Iodine
- D) Copper

Answer: C

14. Basal metabolism refers to the energy required to:

- A) Perform heavy physical work
- B) Digest food
- C) Maintain essential body functions at rest
- D) Store excess nutrients

Answer: C

15. A balanced diet is BEST defined as a diet that:

A) Excludes fats

B) Provides calories mainly from proteins

C) Contains correct proportions of proteins, carbohydrates, fats, vitamins, and minerals

D) Depends on supplements

Answer: C