

Chapter – 1: Introduction to the Study of Nutrition

Multiple Choices:

1. _____ is the raw material from which our bodies are made.
 - a) Nutrition
 - b) Food
 - c) Water
 - d) Protein

2. _____, _____ **and** _____ **are** expressions used to indicate that the supply of the essential nutrients is correct in amount and proportion.
 - a) Complete; enough; adequate
 - b) Optimum; enough; complete
 - c) Complete; nutrition; optimum
 - d) Adequate; optimum; good nutrition

3. Undernutrition and overnutrition are induced under
 - a) Malnutrition
 - b) Expired diet
 - c) Poor nutritional status
 - d) Health care

4. What is the third function of food?
 - a) provide energy
 - b) regulate activities of the body
 - c) building the body
 - d) resistance to disease

5. how much percent of energy does protein supply?
 - a) 20%
 - b) 5%
 - c) 15%
 - d) 10%