

NUTRIENT FUNCTIONS
CLASS #6
QUESTIONS SECTION 11-20

11. _____ are required for normal body functioning but cannot be made by the body.
- A. Amino Acids
 - B. Non-essential Amino Acids
 - C. Essential Amino Acids
 - D. Water Soluble Vitamins
12. Which vitamin turns tryptophan into niacin?
- A. Zinc
 - B. Vitamin B6
 - C. Vitamin B12
 - D. Vitamin C
13. A, D, E, K are known as _____
- A. Minerals
 - B. Water Soluble Vitamins
 - C. Fat Soluble Vitamins
 - D. Electrolytes
14. A deficiency in _____ may stunt growth and cause an endemic goiter.
- A. Zinc
 - B. Copper
 - C. Iodine
 - D. Calcium
15. _____ helps balance the amount of water in the body.
- A. Minerals
 - B. Electrolytes
 - C. Vitamins
 - D. Fat

16. _____ is a type of carbohydrate found in plant foods.
- A. Amino Acids
 - B. Dietary Fiber
 - C. Minerals
 - D. Sugar
17. Which of the following is not considered an electrolyte?
- A. Fluoride
 - B. Chloride
 - C. Water
 - D. Potassium
18. Which of the following is not considered a major mineral?
- A. Calcium
 - B. Phosphorus
 - C. Sulfur
 - D. Iron
19. _____ supplies energy at 9 calories per gram to all body cells.
- A. Carbohydrate
 - B. Fat
 - C. Fiber
 - D. Protein
20. There are _____ known vitamins.
- A. 8
 - B. 10
 - C. 13
 - D. 17

Answers:

11. C

12. B

13. C

14. C

15. B

16. B

17. A

18. D

19. B

20. C