

**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