Certified Nutrition Specialist

Practice Quiz 3

Correct answers are at the bottom.

1. A general recommendation that would help all Americans is to avoid sugary drinks and foods.
   1. True
   2. False
2. The diabetes food pyramid is based on \_\_\_\_\_\_ instead of food classification.
   1. Protein and carbs
   2. Carbs and sugars
   3. Fats and protein
   4. Fats and carbs
3. \_\_\_\_\_\_\_\_\_ cannot be broken down in the human digestive system.
   1. Carbs
   2. Fiber
   3. Lactate
   4. Gum
4. \_\_\_\_\_\_\_\_\_ are large molecules that allow fat to travel through the bloodstream.
   1. Triglycerides
   2. Lipoproteins
   3. Phospholipids
   4. Cholesterol
5. \_\_\_\_\_\_\_\_ are an important component of the cell membrane.
   1. Triglycerides
   2. Lipoproteins
   3. Phospholipids
   4. Cholesterol
6. \_\_\_\_\_\_\_\_ is a sterol, or fatty substance in which carbon, hydrogen, and oxygen atoms are arranged in rings.
   1. Triglycerides
   2. Lipoproteins
   3. Phospholipids
   4. Cholesterol
7. \_\_\_\_\_\_\_\_ is the primary storage form of fat in the body.
   1. Triglycerides
   2. Lipoproteins
   3. Phospholipids
   4. Cholesterol
8. \_\_\_\_\_\_\_\_ forms the lipid bilayer in the cell membrane.
   1. Triglycerides
   2. Lipoproteins
   3. Phospholipids
   4. Cholesterol
9. \_\_\_\_\_\_\_\_ is the amount of nutrients a food contains vs the amount of calories it contains.
   1. Nutrient density
   2. Nutritional content
   3. Nutritional value
   4. RDI Index
10. \_\_\_\_\_\_\_\_\_ is a “man made” fat.
    1. Saturated
    2. Unsaturated
    3. Monounsaturated
    4. Trans fat
11. \_\_\_\_\_\_\_\_\_ catalyze reactions.
    1. Enzymes
    2. Proteins
    3. Hormones
    4. ATP
12. \_\_\_\_\_\_\_\_\_ fight diseases.
    1. WBC
    2. RBC
    3. Protein hormones
    4. Krebs
13. \_\_\_\_\_\_\_\_\_ act as messengers.
    1. WBC
    2. RBC
    3. Protein hormones
    4. Glycolysis
14. Vitamins are organic substances.
    1. True
    2. False
15. Minerals are organic substances
    1. True
    2. False
16. \_\_\_\_\_\_\_\_ is responsible for O2 transport.
    1. Hemoglobin
    2. WBC
    3. Krebs cycle
    4. Protein hormones
17. \_\_\_\_\_\_\_\_ retrieves cholesterol from the body and returns it to the liver for to be metabolized.
    1. LDL
    2. HDL
    3. VLDL
    4. Cholesterol
18. \_\_\_\_\_\_\_\_ transports cholesterol and triglycerides from the liver to be used in various other cellular processes.
    1. LDL
    2. HDL
    3. Krebs
    4. Glycolysis
19. To compete at the highest level, athletes must take ergogenic aids such as anabolic steroids.
    1. True
    2. False
20. \_\_\_\_\_\_\_\_ helps with water balance.
    1. Riboflavin
    2. Sodium
    3. Vitamin C
    4. Vitamin D

Correct Answers:

1. A
2. A
3. B
4. B
5. C
6. D
7. A
8. C
9. A
10. D
11. A
12. A
13. C
14. A
15. B
16. A
17. B
18. A
19. B
20. B