



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

1 Food does **not** supply **materials** and **energy** for \_\_\_\_\_.

- A growth
- B tissue repair
- C sports and activities
- D microwaves



2 Your body **converts** or changes the **food** that you eat into \_\_\_\_\_.

- A nutrients
- B minerals
- C diet
- D calories



3 What is **true** about **essential nutrients**?

- A they are made by the body
- B you can only get them from food
- C they can be absorbed from the environment



4 Which is **not** considered a **nutrient**?

- A carbohydrates
- B fats
- C fiber
- D minerals



5



## PREVIEW

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7

- A calories
- B amino acids
- C energy

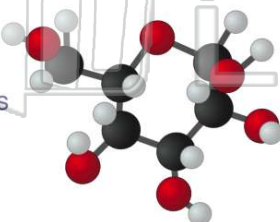


- A a bowl of pasta
- B a soft drink
- C a piece of chicken



9 What does the body convert **sugars** into?

- A glucose
- B amino acids
- C carbohydrates
- D fiber



10 Which is **not** an important fact about **fats in food**?

- A they insulate the body
- B they protect internal organs
- C they store a lot of energy
- D they give a person less energy





## ANSWER KEY

Food does not supply **materials** and **energy** for \_\_\_\_\_.

- A growth
- B tissue repair
- C sports and activities
- D microwaves



(d)

Your body **converts** or changes the **food** that you eat into \_\_\_\_\_.

- A nutrients
- B minerals
- C diet
- D calories



(a)

What is **true** about **essential nutrients**?

- A they are made by the body
- B you can only get them from food
- C they can be absorbed from the environment
- D they are hard to find



(b)

Which is not considered a **nutrient**?

- A carbohydrates
- B fats
- C fiber
- D minerals



(c)



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D energy



D a piece of chicken



What does the body convert **sugars** into?

- A glucose
- B amino acids
- C carbohydrates
- D fiber



(a)

Which is not an important fact about **fats in food**?

- A they insulate the body
- B they protect internal organs
- C they store a lot of energy
- D they give a person less energy



(d)