



Name _____ Class _____ Date _____

1 _____ fats are usually **solid at room temperature**, while _____ fats are usually **liquid at room temperature**.

- A Saturated, unsaturated
- B Unsaturated, saturated
- C Fat-soluble, water-soluble
- D Water-soluble, fat-soluble



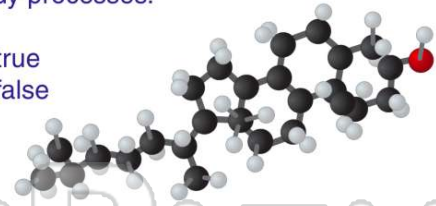
3 Having **too much cholesterol** in your diet can cause _____.

- A cancer
- B heart disease
- C bacterial infection
- D viral infection



2 **Cholesterol** must be **eaten** in foods for body processes.

- A true
- B false



4 What are the **building blocks** of **proteins**?



- A simple carbohydrates
- B glucose
- C cholesterol

5



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7

- A never eat any fat
- B eat more of some foods and less of others
- C eat only fruits and vegetables
- D eat the same amount of each food group



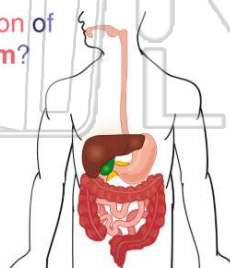
- A 1 bite
- B 2 1/2 cups
- C 2 1/2 pounds
- D limited amounts



9

Which is not a **function** of the **digestive system**?

- A absorb nutrients
- B absorb oxygen
- C eliminate waste
- D break down foods



10

Mechanical digestion is when food is broken down into smaller, useable nutrients.

- A true
- B false





ANSWER KEY

_____ fats are usually **solid at room temperature**, while _____ fats are usually **liquid at room temperature**.

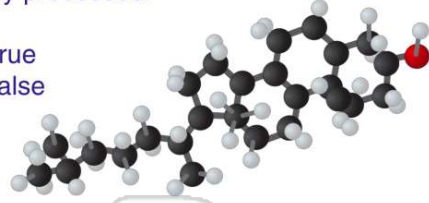
- A Saturated, unsaturated
- B Unsaturated, saturated
- C Fat-soluble, water-soluble
- D Water-soluble, fat-soluble



(a)

Cholesterol must be **eaten** in foods for body processes.

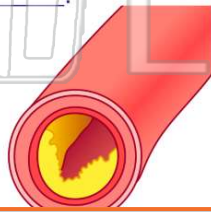
- A true
- B false



(b)

Having **too much cholesterol** in your diet can cause _____.

- A cancer
- B heart disease
- C bacterial infection
- D viral infection



(b)

What are the **building blocks** of **proteins**?



- A simple carbohydrates
- B glucose
- C cholesterol
- D amino acids

(d)

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- B eat more of some foods and less of others
- C eat only fruits and vegetables
- D eat the same amount of each food group

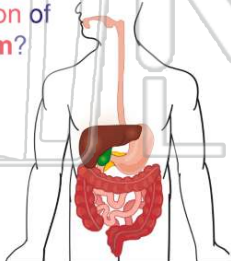


- C 2 ½ pounds
- D limited amounts



Which is not a **function** of the **digestive system**?

- A absorb nutrients
- B absorb oxygen
- C eliminate waste
- D break down foods



(b)

Mechanical digestion is when food is broken down into smaller, useable nutrients.

- A true
- B false



(a)