



Name _____ Class _____ Date _____

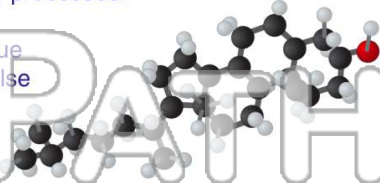
1 _____ fats are usually **solid at room temperature**, while _____ fats are usually **liquid at room temperature**.

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



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

- A true
- B false



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

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



PREVIEW

Please [Sign In](#) or [Sign Up](#) to download the printable version of this worksheet

7 _____ to help us remember to _____.

- 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



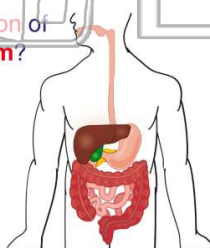
to be eaten daily.

- 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





Name _____ Class _____ Date _____

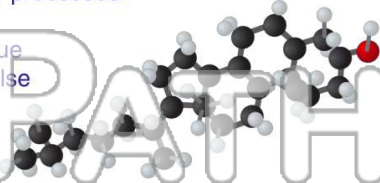
1 _____ fats are usually **solid at room temperature**, while _____ fats are usually **liquid at room temperature**.

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



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

- A true
- B false



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

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



PREVIEW

Please [Sign In](#) or [Sign Up](#) to download the printable version of this worksheet

7 _____ to help us remember to _____.

- 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



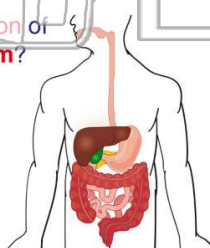
_____ to be eaten daily.

- 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

