



## Question Bank- Difficult

1. Why should you choose foods low in salt?  
A: Salt can increase blood pressure and can put extra strain on your heart.
2. What is the difference between saturated and trans-fat?  
A: Saturated fat naturally exists in animal products while trans-fat is man made. Both increase your blood cholesterol levels.
3. What is one difference between saturated and unsaturated fat?  
A: Saturated fats are found in animals products like meats, milk, cheese, while unsaturated fats are found in non-animal products like plant oils, soybeans, and avocados.
4. What is glucose?  
A: It is the most basic form of energy that humans use from food.
5. Why is it better to eat a fruit than just the fruit juice?  
A: Because you get more fibre from the skin and flesh when you eat the fruit.
6. How many servings of fish are recommended in Canada's Food Guide?  
A: 2 servings per week
7. Name an ingredient that vegetarians might add to homemade brownies to increase their protein intake  
A: Beans

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8. Sweet Potatoes give you lots of vitamin A. Why is vitamin A important, especially for children?  
A: Important for good vision.
9. What are the three macro nutrients found in food?  
A: Carbohydrates, Protein, Fat
10. How many tablespoons of healthy fats should you eat each day?  
A: 2 tablespoons
11. Name two different types of fibre  
A: Soluble and insoluble fibre
12. Does the cholesterol in your body only come from dietary sources?  
A: No, our bodies also make cholesterol.
13. A deficiency of which vitamin results in scurvy?  
A: Vitamin C
14. A deficiency of which vitamin results in Beriberi?  
A: Vitamin B1
15. A deficiency of which vitamin results in rickets?  
A: Vitamin D

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16. What vitamin and mineral deficiency are vegetarians at a risk for?  
A: Iron, vitamin b12, vitamin D, calcium
17. Which mineral is added to water supplies to help children's teeth?  
A: Fluoride
18. Which type of diabetes is now seen in children due to low activity?  
A: Type 2 diabetes
19. What is another name for type 1 diabetes?  
A: Juvenile diabetes
20. What is the name of the fat produced in the process of hydrogenation?  
A: Trans fat
21. Name one vitamin which is an example of an antioxidant  
A: Vitamin A, Vitamin C, Vitamin E
22. What does insulin help control blood levels of?  
A: Glucose
23. What is the most common cause of death in North America?  
A: Heart disease

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24. Why should we not eat fish every day?

A: Because it could increase our blood mercury levels to toxic levels

25. What is the condition called when people are sensitive to gluten in food?

A: Celiac disease

26. What is the cure for Celiac disease?

A: There is no cure; they must eat gluten-free food

27. What is gluten?

A: It is a protein found in wheat, rye, barley

28. How many teaspoons of sugar are in a can of coke?

A: 9

29. Your bones keep growing stronger (or more dense) until:

The end of your life

You are one year old

You are in your 40's

**You are in your 20's**

30. Diabetes can be cured by eating well and being active

A: False (It can be controlled but not cured)

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31. Name the type of fat in hard margarines that is bad for you  
A: Trans fat or hydrogenated fat
32. Folic acid or folate is especially important for women who are \_\_\_\_\_.  
Breast feeding  
**Pregnant**  
Over 50 years of age  
Very inactive
33. What B vitamin is also called pyridoxine?  
A: Vitamin B6
34. Which mineral has two types called heme and non-heme?  
A: Iron
35. Which is the best indicator of health risk?  
LDL cholesterol level  
HDL cholesterol level  
Total cholesterol level  
**The ratio of LDL to HDL**
36. Name one vitamin that is an example of an antioxidant  
A: Vitamin A, Vitamin E, Vitamin C

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37. What does a glucometer measure?

A: Blood sugar or blood glucose

38. What mineral is a component of bone along with calcium and phosphorus?

A: Magnesium

39. What is the common name for Sodium Chloride?

A: Salt

40. What is the sugar in milk called?

A: Lactose

41. Which B vitamin is found only in animal sources?

A: Vitamin B12

42. Insoluble fiber helps to keep your \_\_\_\_\_ healthy.

A: Digestive tract /digestive system /intestines or colon

43. Which vitamin helps with blood clotting?

A: Vitamin K

44. Is HDL or LDL cholesterol the good healthy type of cholesterol?

A: HDL

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45. Infant cereal should be enriched with which mineral?

A: Iron

46. Kidney stones can be caused by excessive protein intake and/or insufficient intake of which mineral?

A: Calcium

47. This nutrient is needed for a healthy immune system and strong connective tissue:

Fiber

Vitamin K

**Vitamin C**

Fluoride

48. Which of the following is the best source for Omega 3 oils?

Corn oil

Wheat products

Pork

**Sardines**



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49. This vitamin is needed to prevent a birth defect called Spina Bifida

Vitamin D

Vitamin A

**Folic Acid**

Vitamin E

50. This nutrient is needed for healthy thyroid function:

**Iodine**

Fluoride

Chromium

Vitamin B12

51. The omega-3 fat source found in omega-3 eggs is usually derived from:

Fish oils

**Flaxseed oil**

Primrose oil

Olive oil

52. One of the best ways to boost immune system function is to add a little garlic to your recipes.

**True**

False

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53. Omega-3 fats are:

Monounsaturated fats

**polyunsaturated fats**

Saturated fats

Trans fatty acids

54. How many times a day does your heart beat?

2,000

20,000

50,000

**100,000**

### SOURCES

<http://nutrition.about.com/library/blnutritionquiz.htm>

Canadian Living

[http://www.canadianliving.com/food/cooking\\_school/quiz\\_whats\\_your\\_nutrition\\_iq.php](http://www.canadianliving.com/food/cooking_school/quiz_whats_your_nutrition_iq.php)<http://www.coolfoodplanet.org/gb/kidz>

<http://www.healthyfridge.org/kids.html>

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<http://a4esl.org/q/h/9801/cr-nutrition.html>

