**Nutrition Practice Questions 🡨 Title**

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| 1. Important for regulating body temperature (2) 2. Is a polymer made of a long chain of monomers (4) 3. Is an “organic” molecule (in chemistry, “organic” means it is made of carbon, hydrogen, and oxygen—completely unrelated to farming) (7) 4. Can provide or store energy (4) 5. Important for a wide variety of different functions all over the body (3) 6. Is a member of the “carbohydrate” group (3) 7. Important for regulating fluid and salt balance in the body (2) 8. Stores the instructions for making proteins (1) | 1. Water 2. Nucleic Acids 3. Simple Sugar 4. Complex Carbohydrates 5. Fiber 6. Fat 7. Protein 8. Vitamins 9. Minerals |

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| 1. Lowers your risk of having heart disease (2) 2. Increases your risk of having heart disease (1) 3. Most commonly found in animal products (2) 4. Most commonly found in plant products (3) 5. Cleans your intestines (1) | 1. Fiber 2. Saturated Fat 3. Unsaturated Fat 4. Complete protein 5. Incomplete protein |