Red: Proteins

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| 1  **Which describes a “Complete Protein”?**   1. It has a high amount of protein 2. It has all 20 different amino acids 3. It has all of the essential (required) amino acids 4. It doesn’t need to be made (it’s already complete)   C | 2  **Which is a function of proteins?**   1. Makes chemical reactions occur 2. Prevents constipation (helps you poop) 3. Main source of energy made by cells 4. Are instructions for making nucleic acids   A |
| 3  **Which is a source of “complete protein”?**   1. Meat 2. Vegetables 3. Grains (wheat, corn, rice, etc.) 4. Beans   A | 4  **Which is a source of “complete protein”?**   1. Fruit 2. Dairy (milk, cheese, etc.) 3. Seeds 4. Nuts   B |
| 5  **Which is a source of “incomplete protein”?**   1. Beef 2. Fish 3. Grains (wheat, corn, rice, etc.) 4. Eggs   C | 6  **Which is a source of “incomplete protein”?**   1. Soy 2. Dairy (milk, cheese, etc.) 3. Chicken 4. Nuts/seeds   D |
| 7  **What are proteins made of?**   1. Amino acids 2. Nucleotides 3. Glucose 4. Fatty acids   A | 8  **What are proteins made of?**   1. Carbon, Hydrogen, Oxygen, Nitrogen 2. Monomers connected together 3. 20 different amino acids 4. All of the above   D |
| 9  **Which combination provides complete proteins?**   1. Fruits + Vegetables 2. Seeds + Nuts 3. Vegetables + Legumes (beans) 4. Grains + Vegetables   C | 10  **Which combination provides complete proteins?**   1. Nuts + Legumes (beans) 2. Seeds + Fruits 3. Grains + Nuts 4. All of the above   C |
| 11  **What are proteins used for in the body?**   1. They are the main source of energy in cells 2. They have many different jobs 3. They are the main storage site for energy 4. They are instructions to make DNA   B | 12  **What are proteins used for in the body?**   1. Growth and repair 2. Make up hair and nails 3. Muscle fibers 4. All of the above   D |

White: Vitamins and Minerals

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| 13  **What do vitamins do for the body?**   1. They are the main source of energy in cells 2. They have many different jobs all over the body 3. They regulate body temperature 4. They are healthy but are not required to live   B | 14  **Which is a function of vitamins?**   1. Makes chemical reactions occur (enzymes) 2. They have many different jobs all over the body 3. Main source of energy made by cells 4. Are instructions for making nucleic acids   B |
| 15  **Which source provides all the vitamins you need?**   1. Meat 2. Vegetables 3. Grains (wheat, corn, rice, etc.) 4. None of the above   D | 16  **Which source provides all the vitamins you need?**   1. Fruit 2. Dairy (milk, cheese, etc.) 3. Seeds 4. None of the above   D |
| 17  **Which source provides all the minerals you need?**   1. Meat 2. Vegetables 3. Grains (wheat, corn, rice, etc.) 4. None of the above   D | 18  **Which source provides all the minerals you need?**   1. Fruit 2. Dairy (milk, cheese, etc.) 3. Seeds 4. None of the above   D |
| 19  **What are vitamins made of?**   1. Amino acids 2. Nucleotides 3. Glucose 4. None of the above   D | 20  **What are vitamins made of?**   1. Carbon, Hydrogen, Oxygen 2. Monomers connected together 3. 20 different amino acids 4. All of the above   A |
| 21  **What are minerals made of?**   1. Amino acids 2. Chemical elements (like Sodium, Calcium, etc.) 3. Nucleotides 4. Glucose   B | 22  **What are minerals made of?**   1. Carbon, Hydrogen, Oxygen 2. Monomers connected together 3. 20 different amino acids 4. None of the above   D |
| 23  **What do minerals do for the body?**   1. They are the main source of energy in cells 2. They have many different jobs all over the body 3. They regulate temperature 4. They are helpful but are not required to live   B | 24  **What is a function of minerals?**   1. They regulate water/salt balance 2. Make up hair and nails 3. They provide energy 4. All of the above   A |

Green: Carbohydrates

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| 25  **Which is a function of fiber?**   1. Short term, limited energy storage 2. Long term, unlimited energy storage 3. Main source of energy made by cells 4. None of the above   D | 26  **Which is a function of sugar?**   1. Makes chemical reactions occur 2. Repairing cells 3. Main source of energy made by cells 4. Long term, unlimited energy storage   C |
| 27  **Which is a good source of sugar?**   1. Meat 2. Vegetables 3. Eggs 4. None of the above   D | 28  **Which is NOT a good source of sugar?**   1. Seeds 2. Milk 3. Fruit 4. Honey   A |
| 29  **Which is a function of complex carbs (starch/glycogen)?**   1. Short term, limited energy storage 2. Long term, unlimited energy storage 3. Main source of energy made by cells 4. None of the above   A | 30  **Which molecule is NOT in the carbohydrate group?**   1. Sugar 2. Starch 3. Fiber 4. Fat   D |
| 31  **Which is NOT an effect of eating fiber?**   1. Cleaning your intestines 2. Reducing risk of heart disease 3. Providing energy 4. Helping you poop   C | 32  **Which is made of sugar molecules?**   1. Starch 2. Fiber (cellulose) 3. Glucose 4. All of the above   D |
| 33  **Which is NOT a source of complex carbs (starch)?**   1. Potato 2. Corn 3. Eggs 4. Rice   C | 34  **Which is a good source of complex carbs (starch)?**   1. Rice 2. Fruits 3. Vegetables 4. All of the above   A |
| 35  **Which is a good source of fiber?**   1. Animals 2. Plants 3. Products made by animals 4. All of the above   B | 36  **Which is a good source of fiber?**   1. Vegetables 2. Fruits 3. Nuts/Seeds 4. All of the above   D |

Purple: Nucleic Acids & More

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| 37  **Which is a function of Nucleic Acids?**   1. Cleans your intestines 2. Long term, unlimited energy storage 3. Growth and repair of cells 4. Are instructions for making proteins   D | 38  **What is DNA made of?**   1. Amino acids 2. Fatty acids 3. Nucleic acids 4. Glucose   C |
| 39  **Which is a source of “nucleic acids”?**   1. Meat 2. Vegetables 3. Grains (wheat, corn, rice, etc.) 4. All of the above   D | 40  **What are nucleic acids made of?**   1. Carbon, Hydrogen, Oxygen, Nitrogen, Phosphorous 2. Monomers connected together 3. Nucleotides 4. All of the above   D |
| 41  **Is drinking water good for you?**   1. Yes 2. No 3. It depends… 4. Only after exercising   C | 41  **Is drinking energy drinks bad for you?**   1. Yes 2. No 3. It depends… 4. Only if you’re not tired   C |
| 43  **What does “the dose makes the poison” mean?**   1. All chemicals will harm you 2. Too much of anything can harm you 3. Unnatural foods are harmful in any amount 4. All of the above   B | 44  **What does “the dose makes the poison” mean?**   1. Natural foods are safe in any amount 2. Harmful chemicals can be safe in low amounts 3. All chemicals are safe 4. All of the above   B |
| 45  **What does homeostasis do?**   1. Keeps your internal conditions the same 2. Protects you from changing external conditions 3. Keeps your body in balance 4. All of the above   D | 46  **What does homeostasis regulate?**   1. Body temperature 2. Blood sugar levels 3. Water/salt balance 4. All of the above   D |
| 47  **Which macromolecule is not a polymer?**   1. Complex Carbohydrates 2. Lipids (fats) 3. Proteins 4. Nucleic Acids   B | 48  **Which is not a nutrient?**   1. Water 2. Nucleic Acids 3. Minerals 4. None of the above (they’re all nutrients)   D |

Blue: Water

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| 49  **Which is a function of water?**   1. Makes chemical reactions occur (enzymes) 2. Long term, unlimited energy storage 3. Regulates body temperature 4. Growth and repair of cells   C | 50  **Which is a function of water?**   1. Carries nutrients/oxygen around the body 2. Instructions for making proteins 3. Prevents constipation (helps you poop) 4. Main source of energy made by cells   A |
| 51  **Which is a good source of water?**   1. Meat 2. Vegetables 3. Grains (wheat, corn, rice, etc.) 4. Beans   B | 52  **Which is a good source of water?**   1. Fruit 2. Milk 3. Soup 4. All of the above   D |
| 53  **Which is a symptom of dehydration?**   1. Increased sweating 2. Drinking caffeine 3. Decreased peeing 4. All of the above   C | 54  **Which is NOT an effect of dehydration?**   1. Dizziness 2. Headache 3. Death 4. None of the above (they can all happen)   D |
| 55  **What is water made of?**   1. It is a chemical element 2. Hydrogen, Oxygen 3. Carbon, Hydrogen, Oxygen 4. Carbon, Hydrogen, Oxygen, Nitrogen   B | 56  **Which word best describes the structure of water?**   1. Atom 2. Molecule 3. Monomer 4. Polymer   B |
| 57  **Which is a symptom of hyponatremia?**   1. Increased sweating 2. Increased peeing 3. Nausea and vomiting 4. All of the above   D | 58  **Which is NOT a symptom of hyponatremia?**   1. Seizures 2. Headache 3. Death 4. None of the above (they can all happen)   D |
| 59  **What determines how much water you need to drink?**   1. What you eat 2. How much caffeine you take in 3. How much you talk 4. All of the above   D | 60  **What is FALSE about how much water you**  **need to drink each day?**   1. Everyone needs 8 glasses per day 2. Your body size affects the amount 3. Your physical health affects the amount 4. Your activity level affects the amount   A |

Yellow: Fats

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| 61  **Which is a function of Fats?**   1. Cleans your intestines 2. Long term, unlimited energy storage 3. Growth and repair of cells 4. Short term, limited energy storage   B | 62  **Which is a function of Fats?**   1. Makes chemical reactions occur 2. Prevents constipation (helps you poop) 3. Main source of energy made by cells 4. Regulates body temperature   D |
| 63  **Which is a good source of “Saturated Fat”?**   1. Meat 2. Vegetables 3. Grains (wheat, corn, rice, etc.) 4. Beans   A | 64  **Which is a good source of “Saturated Fat”?**   1. Fruit 2. Dairy (milk, cheese, etc.) 3. Seeds 4. Nuts   B |
| 65  **Which is a good source of “Unsaturated Fat”?**   1. Grains (wheat, corn, rice, etc.) 2. Nuts/Seeds 3. Soy 4. Eggs   B | 66  **Which is a good source of “Unsaturated Fat”?**   1. Chicken 2. Dairy (milk, cheese, etc.) 3. Fish 4. Beef   C |
| 67  **What are fats made of?**   1. Amino acids 2. Nucleotides 3. Glucose 4. None of the above   D | 68  **What are fats made of?**   1. Carbon, Hydrogen, Oxygen 2. Monomers connected together 3. 20 different fatty acids 4. All of the above   A |
| 69  **Which is true about saturated fats?**   1. You should eat them as much as possible 2. You should never eat any, ever 3. They increase the risk of heart disease 4. They decrease the risk of heart disease   C | 70  **Which is true about saturated fats?**   1. Usually solid fat at room temperature 2. Usually liquid oil at room temperature 3. They ONLY come from animals 4. They ONLY come from plants   A |
| 71  **Which is true about unsaturated fats?**   1. You should eat them as much as possible 2. You should never eat any, ever 3. They increase the risk of heart disease 4. They decrease the risk of heart disease   D | 72  **Which is true about unsaturated fats?**   1. Usually solid fat at room temperature 2. Usually liquid oil at room temperature 3. They ONLY come from animals 4. They ONLY come from plants   B |