

## Fueling Fitness: Foundations for First-Year College Health

Foundational assessment identifying essential macronutrients and micro-elements to support collegiate wellness and long-term vitality.

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**1. Which of the following is primarily responsible for the synthesis and repair of tissues, including enzymes and hormones?**

- A. Dietary Fiber
- B. Amino Acids (Protein)
- C. Simple Sugars
- D. Saturated Fats

**2. Vitamins are classified as 'micronutrients' because the body requires them in smaller quantities compared to carbohydrates.**

- A. True
- B. False

**3. Iron is a critical mineral that helps \_\_\_\_\_ transport oxygen through the bloodstream to various organs.**

- A. Melatonin
- B. Hemoglobin
- C. Insulin
- D. Cortisol

**4. Which food source provides the highest density of 'heart-healthy' monounsaturated fats?**

- A. Extra Virgin Olive Oil
- B. Whole Milk
- C. White Bread
- D. Coconut Oil

**5. Hydration needs are static, meaning every adult requires exactly the same amount of water regardless of activity level or climate.**

- A. True
- B. False

**6. Legumes, such as lentils and black beans, are excellent sources of \_\_\_\_\_, which aids in digestion and blood sugar regulation.**

- A. Dietary Fiber
- B. Vitamin D
- C. Sodium
- D. Cholesterol

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**7. Which nutrient is the body's preferred and most efficient source of fuel for high-intensity cognitive and physical activity?**

- A. Trace Minerals
- B. Complex Carbohydrates
- C. Saturated Fats
- D. Soluble Fiber

**8. A complete protein source is defined as a food that contains all nine essential \_\_\_\_\_.**

- A. Fatty Acids
- B. Amino Acids
- C. Soluble Vitamins
- D. Monosaccharides

**9. High-density lipoprotein (HDL) is often referred to as 'good cholesterol' because it helps remove other forms of cholesterol from the bloodstream.**

- A. True
- B. False

**10. In the context of micronutrients, what is the primary role of electrolytes like potassium and sodium?**

- A. Providing caloric energy
- B. Regulating fluid balance and nerve signaling
- C. Maintaining skin pigment
- D. Strengthening tooth enamel