

Name: _____ Date: _____

Answer Key: Metabolic Blueprint: 10th Grade Nutrition Bio-Analysis Quiz

Evaluate the biochemical impact of micronutrients and macronutrient ratios on long-term physiological health and metabolic efficiency.

1. Which physiological process is most directly impeded if a student consistently lacks Vitamin B12 (cobalamin) in their plant-based diet without supplementation?

Answer: B) The production of red blood cells and DNA synthesis

Vitamin B12 is critical for neurologic function, DNA synthesis, and the formation of red blood cells; it is naturally found primarily in animal products.

2. The 'Glycemic Index' (GI) measures how quickly a carbohydrate-containing food raises blood glucose levels compared to pure glucose.

Answer: A) True

The GI is a ranking system for carbohydrates based on their immediate effect on blood sugar levels, which is vital for managing metabolic health.

3. When an individual consumes excessive amounts of fat-soluble vitamins, they are stored in the liver and adipose tissue, which can lead to a condition known as ____.

Answer: C) Hypervitaminosis

Hypervitaminosis refers to toxic levels of vitamins (specifically A, D, E, and K) that accumulate because they are stored in body fat rather than excreted.

4. Analyze the impact of Omega-3 fatty acids, commonly found in flaxseeds and walnuts, on cardiovascular health. Their primary role is to:

Answer: B) Lower systemic inflammation and optimize cell membrane fluidity

Omega-3 fatty acids are polyunsaturated fats essential for maintaining heart health through anti-inflammatory properties and structural support of cells.

5. A 'complete protein' must contain all nine essential amino acids that the human body cannot produce on its own.

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Answer: A) True

Essential amino acids cannot be synthesized by the body; therefore, a protein source including all nine is labeled 'complete' (e.g., buckwheat or soy).

6. Which of the following is a symptom of an electrolyte imbalance involving Sodium and Potassium, often caused by extreme dehydration?

Answer: C) Disrupted nerve signaling and muscle cramping

Sodium and potassium regulate the electrical gradients across cell membranes; imbalance leads to neural and muscular dysfunction.

7. The primary role of insoluble fiber, found in wheat bran and the skins of many vegetables, is to ____.

Answer: C) Aid fecal bulk and promote regular peristalsis

Insoluble fiber does not dissolve in water; it adds bulk to stool and helps food pass more quickly through the digestive tract.

8. How does the consumption of highly processed 'Trans Fats' (partially hydrogenated oils) affect cholesterol profiles?

Answer: D) They raise LDL (bad) and lower HDL (good) cholesterol

Trans fats are uniquely damaging because they simultaneously increase the 'bad' cholesterol that clogs arteries and decrease the 'good' cholesterol that clears them.

9. A person experiencing 'Anemia' is typically suffering from a deficiency in ____ which prevents red blood cells from carrying sufficient oxygen.

Answer: B) Iron

Iron is a central component of hemoglobin, the protein in red blood cells responsible for oxygen transport throughout the body.

10. Phytochemicals are non-nutritive plant chemicals that have protective or disease-preventive properties.

Answer: A) True

Phytochemicals like lycopene in tomatoes or isoflavones in soy provide health benefits beyond basic nutrition, often acting as antioxidants.

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