

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

## 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.

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

- A. The synthesis of collagen for skin integrity
- B. The production of red blood cells and DNA synthesis
- C. The absorption of dietary fat in the small intestine
- D. The immediate conversion of glucose to glycogen

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

- A. True
- B. False

**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 \_\_\_\_.**

- A. Hyponatremia
- B. Scurvy
- C. Hypervitaminosis
- D. Ketoacidosis

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

- A. Provide the body's fastest source of ATP energy
- B. Lower systemic inflammation and optimize cell membrane fluidity
- C. Neutralize stomach acid during protein digestion
- D. Increase the glycemic load of high-fiber meals

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

- A. True
- B. False

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

- A. Increased bone density
- B. Enhanced night vision
- C. Disrupted nerve signaling and muscle cramping

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D. Spontaneous vitamin synthesis

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

- A. Transport oxygen to the muscles
- B. Provide 9 calories of energy per gram
- C. Aid fecal bulk and promote regular peristalsis
- D. Synthesize hormones like estrogen

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

- A. They raise HDL (good) and lower LDL (bad) cholesterol
- B. They have no measurable effect on blood lipids
- C. They lower both HDL and LDL cholesterol equally
- D. They raise LDL (bad) and lower HDL (good) cholesterol

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

- A. Magnesium
- B. Iron
- C. Vitamin K
- D. Phosphorus

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

- A. True
- B. False