

Name: _____ **Date:** _____

Your Blueprint for Vitality: A 10th Grade Nutrition Guide

How does your body convert fuel into cellular power? Use this formative assessment to check recall on macronutrients and micronutrient functions.

1. Which of these is considered a 'trace mineral,' meaning the body requires it in very small amounts to function properly?

- A. Calcium
- B. Potassium
- C. Selenium
- D. Sodium

2. True or False: Fat-soluble vitamins, such as Vitamin A and Vitamin D, are stored in the body's liver and fatty tissues.

- A. True
- B. False

3. The primary role of _____ in the human body is to serve as the building blocks for enzymes, hormones, and antibody production.

- A. Lipids
- B. Proteins
- C. Simple sugars
- D. Electrolytes

4. If a person is looking to increase their intake of Omega-3 fatty acids for brain health, which of these foods is the most appropriate choice?

- A. Walnuts
- B. White bread
- C. Grapefruit
- D. Cheddar cheese

5. Nutritionists recommend consuming _____ carbohydrates, such as lentils or oats, because they take longer to break down and provide steady energy.

- A. Refined
- B. Simple
- C. Processed
- D. Complex

6. True or False: Dehydration can lead to a decrease in cognitive performance and physical coordination even before a person feels thirsty.

- A. True

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B. False

7. Which of the following is a primary function of insoluble fiber in the digestive system?

- A. Providing 9 calories per gram
- B. Increasing the speed of waste moving through the intestines
- C. Synthesizing Vitamin K
- D. Repairing muscle tissue

8. Anemia is a condition often caused by a deficiency in _____, which is necessary for the production of hemoglobin in red blood cells.

- A. Zinc
- B. Magnesium
- C. Iron
- D. Calcium

9. Which of these food combinations represents a 'complementary protein' source, often used by people on a plant-based diet to get all essential amino acids?

- A. Apples and honey
- B. Rice and black beans
- C. Lettuce and cucumbers
- D. Potatoes and butter

10. True or False: Low-density lipoprotein (LDL) is often called 'good' cholesterol because it removes excess cholesterol from the arteries.

- A. True
- B. False