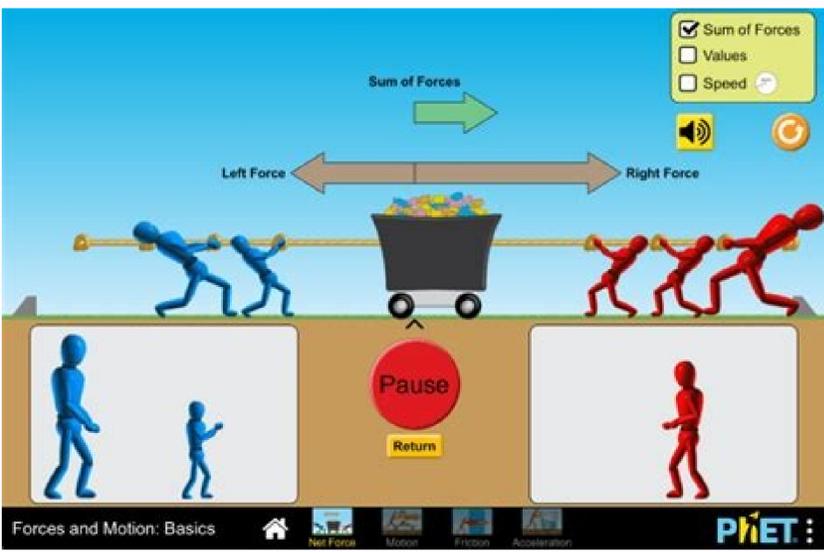


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Name \_\_\_\_\_ Class \_\_\_\_\_

**Bill Nye – Nutrition Quiz**

Choose from the three nutrients listed below. Each answer is used more than once.

**carbohydrates**      **proteins**      **fats**

1. used to build body tissues such as bone, muscle, and blood. \_\_\_\_\_
2. the main source of energy for the body \_\_\_\_\_
3. found in foods such as fish, beef, and beans \_\_\_\_\_
4. needed in small amounts for insulation from cold, cushioning, and nerves \_\_\_\_\_
5. found in foods such as fruits, vegetables, and bread \_\_\_\_\_
6. 60% of your brain is made from this \_\_\_\_\_

Choose the best response for each multiple choice question below.

7. Which of the following is not a mineral?  
A. iron      B. calories      C. calcium
8. Which of the following has the most fat?  
A. apple      B. potato chips
9. Where can you find a list of nutrients for Rice Krispies cereal?  
A. in the encyclopedia      B. at the doctor's office      C. on the box
10. How much saliva (spit) do you make in a single day?  
A. one liter      B. 10 milliliters      C. 100 grams
11. Calories are:  
A. a measure of heat energy in food  
B. an important nutrient  
C. found in Earth's crust
12. An important part of your diet is \_\_\_\_\_ because it keeps your digestive system clean and moving.  
A. fat      B. protein      C. fiber
13. When you eat foods that contain a lot of calories but very few nutrients we say you are eating \_\_\_\_\_.  
A. minerals      B. empty calories      C. the food pyramid
14. Another word for not eating is \_\_\_\_\_.  
A. fasting      B. respirating      C. consuming      D. insulating
15. The minerals we need come from Earth's crust. Explain why we don't have to eat rocks to get the minerals we need.





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