Human Services
Lifetime Nutrition and Wellness
Multiple Choice Science Assessment Questions

All science problems address TEKS 130.245. Lifetime Nutritional and Wellness.

**Lifetime Nutrition and Wellness**

(1) The student understands the role of nutrients in the body. The student is expected to:

(A) classify nutrients, their functions and food sources and compare the nutritive value of various foods
(B) assess the effects of nutritional intake on health, appearance, effective job performance and personal life
(C) analyze and apply various dietary guidelines throughout the life cycle, including pregnancy, infancy, childhood and late adulthood
(D) compare personal food intake to recommended dietary guidelines

**Biology**

(9) Science concepts. The student knows the significance of various molecules involved in metabolic processes and energy conversions that occur in living organisms. The student is expected to:

(A) compare the structures and functions of different types of biomolecules, including carbohydrates, lipids, proteins and nucleic acids
(C) identify and investigate the role of enzymes
(D) analyze and evaluate the evidence regarding formation of simple organic molecules and their organization into long complex molecules having information such as the DNA molecule for self-replicating life
Biology
(10) Science concepts. The student knows that biological systems are composed of multiple levels. The student is expected to:
   (A) describe the interactions that occur among systems that perform the functions of regulation, nutrient absorption, reproduction and defense from injury or illness in animals

1. Which nutrient helps the body with the absorption of vitamins A, D, E, and K?
   a. Carbohydrates
   b. Proteins
   c. Lipids
   d. Minerals

2. ________ important for the production of hormones, bile, and vitamin D.
   a. Carbohydrates
   b. Proteins
   c. Lipids
   d. Minerals

3. Fiber can be classified as which type of nutrient?
   a. Carbohydrates
   b. Proteins
   c. Lipids
   d. Minerals
4. The emphasis on nutrition has switched from the pyramid to the ChooseMyPlate format seen below.

![ChooseMyPlate.gov](http://www.dteenergy.com/residentialCustomers/saveEnergy/appliances/shopping.html)

According to ChooseMyPlate.gov, a large percentage of the calories should come from which nutrient?
   a. Carbohydrates  
   b. Proteins  
   c. Lipids  
   d. Minerals  

5. Which nutrient consists of inorganic substances which help make strong bones and teeth, help in nerve transmission, and help balance fluid levels in the body?
   a. Carbohydrates  
   b. Proteins  
   c. Minerals  
   d. Lipids  

6. Which type of lipid is known for increasing the risk of heart disease because it increases the level of cholesterol in the blood stream?
   a. Carbohydrates  
   b. Saturated fats  
   c. Glucose  
   d. Unsaturated fats  

7. Which nutrient is composed of various amino acids?
   a. Carbohydrates  
   b. Proteins  
   c. Lipids  
   d. Minerals
8. Fruits and vegetables are a large component of the ChooseMyPlate campaign. They are best served raw. Which statement below is not true?
   a. Cooking can break down the proteins
   b. Water soluble nutrients can be lost in the cooking water
   c. Most fat soluble vitamins are stable in the heat from cooking
   d. Fat soluble nutrients can be lost in the cooking water

9. Which nutrient yields the highest amount of energy per gram?
   a. Proteins
   b. Fats
   c. Carbohydrates
   d. Minerals

10. Which nutrient yields the least amount of energy per gram?
    a. Proteins
    b. Fats
    c. Carbohydrates
    d. Minerals
# Answer Key

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