

National Nutrition Week Quiz

1. What are the dates for National Nutrition Week?

- a) August 1 - August 7
- b) September 1 - September 7
- c) October 1 - October 7
- d) November 1 - November 7

2. What is the theme for National Nutrition Week 2024?

- a) Healthy Eating for All
- b) Nutritious Diets for Everyone
- c) Balanced Meals for Better Health
- d) Essential Nutrients for Growth

3. Which nutrient is essential for building and repairing tissues?

- a) Carbohydrates
- b) Proteins
- c) Fats
- d) Vitamins

4. Which vitamin is primarily obtained from sunlight?

- a) Vitamin A
- b) Vitamin C
- c) Vitamin D
- d) Vitamin E

5. Which food group is a primary source of energy for the body?

- a) Fruits
- b) Vegetables
- c) Grains
- d) Dairy

6. What is the recommended daily intake of water for an average adult?

- a) 4-6 cups
- b) 6-8 cups
- c) 8-10 cups
- d) 10-12 cups

7. Which mineral is important for maintaining strong bones and teeth?

- a) Iron
- b) Calcium
- c) Magnesium
- d) Sodium

8. What is one of the main benefits of dietary fiber?

- a) Boosts energy
- b) Aids in digestion
- c) Improves skin health
- d) Enhances vision

9. What type of fat is considered the healthiest for the heart?

- a) Trans fats
- b) Saturated fats
- c) Monounsaturated fats
- d) Polyunsaturated fats

10. Which of the following is a good source of Omega-3 fatty acids?

- a) Beef
- b) Chicken
- c) Salmon
- d) Pork

11. What is the primary purpose of National Nutrition Week?

- a) To promote physical fitness
- b) To increase awareness about the importance of nutrition
- c) To celebrate traditional foods
- d) To highlight new diet trends

12. Which nutrient helps in the absorption of iron from plant-based foods?

- a) Vitamin A
- b) Vitamin C
- c) Vitamin K
- d) Vitamin B12

13. Which of the following is an example of a whole grain?

- a) White rice
- b) Oats
- c) White bread
- d) Corn syrup

14. How many servings of fruits and vegetables should you aim to eat each day?

- a) 2-3 servings
- b) 4-5 servings
- c) 6-7 servings
- d) 8-10 servings

15. Which of the following is a common source of saturated fat?

- a) Olive oil
- b) Avocados

- c) Butter
- d) Nuts

16. What is the role of antioxidants in the body?

- a) Provide energy
- b) Help with digestion
- c) Protect cells from damage
- d) Build muscle

17. Which type of carbohydrate is most beneficial for long-term energy?

- a) Simple carbohydrates
- b) Refined sugars
- c) Complex carbohydrates
- d) Artificial sweeteners

18. What is the main function of dietary fiber?

- a) Enhances taste
- b) Provides vitamins
- c) Regulates blood sugar levels
- d) Adds color to food

19. Which of the following is a good source of protein for vegetarians?

- a) Chicken
- b) Tofu
- c) Beef
- d) Fish

20. What does BMI stand for in relation to health and nutrition?

- a) Body Mass Index
- b) Basal Metabolic Rate
- c) Body Measurement Index
- d) Basic Metabolism Indicator

Answers:

1. b) September 1 - September 7
2. b) Nutritious Diets for Everyone
3. b) Proteins
4. c) Vitamin D
5. c) Grains
6. b) 6-8 cups
7. b) Calcium
8. b) Aids in digestion
9. c) Monounsaturated fats
10. c) Salmon

11. b) To increase awareness about the importance of nutrition
12. b) Vitamin C
13. b) Oats
14. b) 4-5 servings
15. c) Butter
16. c) Protect cells from damage
17. c) Complex carbohydrates
18. c) Regulates blood sugar levels
19. b) Tofu
20. a) Body Mass Index