Appendix H : Written Quiz on Knowledge in Nutrition and Osteoporosis

Name:

Lab:

Please answer the following question

Total Marks : 25

1. All of the following are needed for strong bones except
   - Vitamin A
   - Calcium
   - Magnesium
   - Vitamin D

2. This nutrient is most important for healthy vision
   - Vitamin A
   - Vitamin K
   - Iron
   - Calcium

3. This nutrient is needed for healthy thyroid function.
   - Iodine
   - Fluoride
   - Chromium
   - Vitamin B12

4. This mineral is essential for healthy RBC and a deficiency causes anemia
   - Iron
   - Magnesium
   - Iodine
   - Chromium

5. Which of these nutrients is the preferred energy source for the body?
   - B-complex vitamins
   - Carbohydrates
   - Fats
   - Fiber
6. Which of the following nutrients is known as the sunshine vitamin
   - Vitamin C
   - Vitamin A
   - Vitamin K
   - Vitamin D

7. Which of the following nutrients is needed as the main structural component of the body?
   - Carbohydrates
   - Protein
   - Fats
   - Fiber

8. Which of the following is the best source of omega 3 oils/fatty acid
   - Corn oil
   - Wheat products
   - Pork
   - Sardines

9. This nutrient is needed for a healthy immune system and strong connective tissue.
   - Fiber
   - Vitamin K
   - Vitamin C

10. Fluoride This vitamin is needed to prevent a birth defect called spina bifida
    - Vitamin D
    - Vitamin A
    - Folic acid
    - Vitamin E

Say True or False

1. Good sources of complex carbohydrates include fruits, vegetables, whole grains, and legumes
   - True
   - False
2. Fruits and vegetables are the best sources of iron  
   - True
   - False

3. Vitamin D comes from bananas and other tropical fruits  
   - True
   - False

4. Nuts lower cholesterol  
   - True
   - False

5. Vegetables should be washed and cut not cut and wash  
   - True
   - False

6. Vitamin D is required for calcium absorption  
   - True
   - False

7. If you don't get enough calcium in your diet, your body will take the calcium it needs from your bones.  
   - True
   - False

8. Everyone needs the same amount of calcium  
   - True
   - False

9. A diet low in calcium may increase your risk of osteoporosis, hypertension and colon cancer  
   - True
   - False

10. As you grow older and become less active, you need fewer nutrients in your diet  
    - True
    - False
Match the following

1. Citrus fruit : Diabetes
2. Protein : Ragi
3. Rich in calcium : legumes
4. Risk factors for osteoporosis : Antioxidants
5. Overweight and obesity : low intake of calcium and vitamin D