
TEST REVIEW - KAHOOT QUESTIONS

These are the multiple choice questions we saw during the Kahoot game. They are very similar to the ones you'll get on the test, so it's a **very good** idea to study from them.

1. How much energy does it take to raise the temperature of 1 g of water by 1°C?

- a) 1 Joule
- b) 4114 kilojoules
- c) 1 calorie
- d) 4114 calories

2. Which of the following is not one of the principle nutrients?

- a) Minerals
- b) Vitamins
- c) Water
- d) Fibre

3. A chain of carbon atoms that is overloaded with hydrogen is known as a:

- a) Trans fat
- b) Saturated fatty acid
- c) Unsaturated fatty acid
- d) Glycerol

4. Which of the following is the most significant source of proteins?

- a) Orange juice
- b) Tofu
- c) Cereal
- d) Rice

5. Which nutrient is the body's main source of energy?

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

6. What is the energy content of fats?

- a) 0 cal per g
- b) 4 cal per g
- c) 9 cal per g
- d) 4114 cal per g

7. What is the energy content of proteins?

- a) 0 cal per g
- b) 4 cal per g
- c) 9 cal per g
- d) 41 | 4 cal per g

8. What is the energy content of carbohydrates?

- a) 0 cal per g
- b) 4 cal per g
- c) 9 cal per g
- d) 41 | 4 cal per g

9. What is the name of the fat that you should try to avoid entirely?

- a) Cis fats
- b) Trans fats
- c) Fatty acids
- d) Bro fats

10. What are the building blocks of proteins?

- a) Enzymes
- b) Monosaccharides
- c) Disaccharides
- d) Amino acids

11. What are the building blocks of carbohydrates?

- a) Saccharides
- b) Amino acids
- c) Fatty acids
- d) Minerals

12. What are the building blocks of fats?

- a) Amino acids and monosaccharides
- b) Amino acids and glycerol
- c) Fatty acids and monosaccharides
- d) Fatty acids and glycerol

13. Which of the following is not a digestive gland?

- a) Salivary gland
- b) Pancreas
- c) Pharynx
- d) Liver

14. What does the liver do?

- a) Produces insulin
- b) Produces amylase
- c) Produces pancreatic juices
- d) Produces bile

15. What is an enzyme?

- a) A harmful nutrient
- b) A biological catalyst that speeds up a chemical reaction
- c) A complex carbohydrate (polysaccharide)
- d) The building blocks of carbohydrates

16. What is the name of the muscular contractions that push food through the digestive system?

- a) Chyme
- b) Bolus
- c) Peristalsis
- d) Epiglottis

17. What is the name given to chewed food?

- a) Chyme
- b) Bolus
- c) Small carbohydrates
- d) Amylase

18. What is the name of the enzyme found in saliva?

- a) Protease
- b) Insulin
- c) Amylase
- d) Bile

19. What does amylase target?

- a) Complex carbohydrates
- b) Simple carbohydrates
- c) Proteins
- d) Fats

20. What happens when your stomach lining wears away?

- a) Cancer
- b) Ulcer
- c) Peristalsis
- d) Diarrhea

21. What is targeted by protease?

- a) Complex carbohydrates
- b) Simple carbohydrates
- c) Proteins
- d) Fats

22. What gland secretes bile?

- a) Liver
- b) Salivary gland
- c) Gastric gland
- d) Pancreas

23. What does bile target? Remember, it doesn't break them down, it emulsifies ("separates") them.,

- a) Complex carbohydrates
- b) Simple carbohydrates
- c) Proteins
- d) Fats

24. What do pancreatic juices target?

- a) Carbohydrates
- b) Proteins
- c) Fats
- d) All of the above

25. Which of the following statements is true?

- a) The surface area of the small intestine is relatively small.
- b) Each microvillus has many tiny villi protruding out of each one.
- c) Blood vessels within the villi connect to the blood stream.
- d) Absorption of nutrients happens primarily in the large intestine.

26. What mainly happens in the large intestine?

- a) Absorption of nutrients
- b) Digestion of food from pancreatic juices
- c) Absorption of water
- d) Churning

27. What keeps food and water from going into your trachea?

- a) Uvula
- b) Epiglottis
- c) Bolus
- d) Chyme

28. Why did I eat chalk?

- a) It's delicious
- b) It's a base and has a neutralizing effect during acid reflux
- c) It's high in protein
- d) It's cheaper than Centennial's vending machines