

Nutrient Know-How

Drs. Foster & Smith Educational Staff

To understand nutrition, you need to know the basics regarding nutrients and their functions, and the appropriate diets for various animals. Try to match the nutrient or animal on the left with its characteristic on the right. Each letter may only be used once.

- | | |
|--------------------------|--|
| 1. Amino acids | A. Essential for the body to properly use calcium and phosphorous |
| 2. Carbohydrates | B. Vitamin that is not stored in the body, except in very small amounts |
| 3. Vitamin C | C. Animal that chiefly eats meat/other animals |
| 4. Vitamin D | D. Include starches, sugars, and fiber |
| 5. Fatty acids | E. Include Omega-3's and Omega-6's |
| 6. Fat soluble vitamin | F. Essential substances which the body cannot manufacture, so must be supplemented by the food |
| 7. Water soluble vitamin | G. Mineral necessary for the proper functioning of the thyroid gland |
| 8. Nutrients | H. Ascorbic acid; a deficiency causes scurvy |
| 9. Omnivore | I. Vitamin that is stored within the body in cells called lipocytes |
| 10. Carnivore | J. Animal that eats both plants and other animals |
| 11. Herbivore | K. Animal that eats chiefly plant material |
| 12. Iodine | L. Chief constituents of protein |

Answers

12. G
11. K
10. C
9. J
8. F
7. B
6. I
5. E
4. A
3. H
2. D
1. L

Score

- 0-3 Nutritionally incomplete
- 4-6 Have dietary restrictions
- 7-9 Good dietary management
- 10-12 Nutritionally complete

Click [?](#) if you would like to try another quiz!