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

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

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!

*Unauthorized use of any images, thumbnails, illustrations, descriptions, article content, or registered trademarks of **Foster & Smith, Inc.** is strictly prohibited under copyright law. Site content, including photography, descriptions, pricing, promotions, and availability are subject to change without notice. These restrictions are necessary in order to protect not only our copyrighted intellectual property, but also the health of pets, since articles or images that are altered or edited after download could result in misinformation that may harm companion animals, aquatic life, or native species.*