

Name: _____

Food Nutrition and Preparation
Nutrition Test

1. What is the main source of nutrition found in foods that contain green vegetables?

2. If you had a protein deficiency what type of food should you eat more of?

3. What is anaemia?

4. What does vitamin C help your body to improve?

5. What type of food would body builders have a lot of in their diet?

6. Young and teenage children need a diet rich in nutrients. Why is this so?

7. What type of foods are rich in calcium?

8. What type of foods should you eat the least of?

9. What is meant by a 'balanced meal'?

