Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Period\_\_\_

Nutrition Unit Quiz 1

|  |  |  |
| --- | --- | --- |
| Nutrient | Function-Why is it important for the body | Good Sources-What healthy food it is found in. |
| Vitamin A |  | 1.2. |
| Vitamin D |  | 1.2. |
| Vitamin E |  | 1.2. |
| Vitamin B-1 |  | 1.2. |
| Vitamin B-2 |  | 1.2. |
| Vitamin B-3 |  | 1.2. |
| Folate (Folic Acid) |  | 1.2. |
| Vitamin C |  | 1.2. |
| Vitamin K |  | 1.2. |
| Sodium |  | 1.2. |
| Potassium |  | 1.2. |
| Phosphorus |  | 1.2. |
| Chlorine |  | 1.2. |
| Sulfur |  | 1.2. |
| Iron |  | 1.2. |
| Magnesium |  | 1.2. |
| Calcium |  | 1.2. |
| Zinc |  | 1.2. |

2. What are the 3 Dietary Guidelines?

1.

2.

3.

3. What are the required things on a food label?

 1.

2.

3.