

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.