**Macronutrients quiz**

1. Which of the following are the three macronutrients that are essential for health?

Carbohydrate, protein and fat.

Carbohydrate, protein and water.

Carbohydrate, water and vitamins.

Vitamins, protein and carbohydrate.

2. How much energy does 1 gram of carbohydrate provide?

2kcal (8kJ)

4kcal (17 kJ)

7kcal (29kJ)

9kcal (37kJ)

3. Which of the following elements make up carbohydrate?

Carbon

Hydrogen

Oxygen

All of the above

4. Name the building blocks of proteins.

Disaccharides

Carbon

Amino acids

Fatty acids

5. True or false? Protein from animal sources contains the full range of essential amino acids needed by the body.

True

False

6. Which of the following is not an example of a type of fat?

Saturated

Polyunsaturated

Disaccharide

Monounsaturated

7. Which of the following is an example of a monosaccharide?

Glucose

Sucrose

Lactose

Maltose

8. How much energy does fibre provide per gram?

2kcal (8kJ)

4kcal (17 kJ)

7kcal (29kJ)

9kcal (37kJ)

9. What type of sugar would honey be classed as?

Intrinsic

Extrinsic

10. What percentage of dietary energy is recommended to be provided by carbohydrates?

30%

40%

50%

60%

11. True or false? If you don't eat meat there is no way of getting all the essential amino acids.

True

False

12. Which of the following vitamins is not carried by fat?

A

C

D

E

13. How much oily fish are we recommended to consume per week?

1 portion or more

2 portions

3 portions

None as oily fish is bad for you

14. What is the recommended maximum percentage of energy that should be provided by saturated fat?

5%

8%

11%

15%

15. True or false? Fibre is a type of carbohydrate.

True

False