

Nutrients Unit Test
PPL20 Healthy Active Living
24 February 2020

Ministry Expectations: A1, A2, C2, C3

Knowledge / Understanding	Communication (writing conventions/clarity)	Thinking / Inquiry	Application
/ 10	/ 10	/ 10	/ 10

Knowledge/Understanding - /10

1. What are the fat soluble vitamins? (List them.)
2. What are the water soluble vitamins? (List them.)
3. What are some functions of carbohydrates?
4. What are some functions of lipids?
5. What are some functions of protein?
6. Name three electrolytes.
7. What are the components of carbohydrates?
8. What are the components of lipids?
9. What are the components of protein?
10. All the B vitamins are _____, assisting in the activity allowing for energy-producing reactions to proceed.

Thinking - /10

11. What is the difference between **macronutrients** and **micronutrients**? (2 points)
12. What is iron and why is it important for the body? (2 points)
13. (2 points)
14. What is the glycemic index and how can it help you make healthy food choices? (3 points)
15. Why is it challenging for Canadians to consume enough fibre in their diets? (1 point)
16. What's the difference between an incomplete and a complete protein? Give examples of each in your answer. (4 points)
17. Describe the differences between LDL (low-density lipoprotein) and HDL (high-density lipoprotein). (2 points)
18. What's the difference between a saturated fat and an unsaturated fat? Give examples of each in your answer. (4 points)

Application - /10

19. John is making brownies for a school assignment. The recipe calls for butter as an ingredient. How can John replace the fat used to make the recipe healthier while still maintaining its integrity? (2 points)
20. Why is it important for you to have a balanced, varied diet? (2 points)
21. What are the toxicity and deficiency risks of protein, lipids and carbohydrates (6)