Test A

# Unit 2 Evaluation

Name: _____ Class: _____ Date: _____

**Mark the correct answers with a ✔.**

**1** Which is a characteristic of lipids?

**A.** The body does not use them, and they become waste.

**B.** They give the body immediate energy.

**C.** They are stored as glucose in soft tissue.

**D.** They are the main source of energy stored in the body.

**2** Which nutrient should an athlete eat before a race?

**A.** Lipids.

**B.** Proteins.

**C.** Vitamins.

**D.** Carbohydrates.

**3** What function does protein have?

**A.** It regulates body functions.

**B.** It provides energy for immediate use.

**C.** It is used to make and repair body structures.

**D.** It gives energy over a long period of time.

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**4** Which food contains the most carbohydrates?

**A.**

**B.**

**C.**

**D.**

**5** Polar bears lose a lot of weight when they hibernate. They do not eat during this period, so where does their energy come from?

**A.** From the proteins stored in their bodies.

**B.** From the vitamins stored in their bodies.

**C.** From the lipids stored in their bodies.

**D.** From the carbohydrates stored in their bodies.

**6** When you do not eat, you body will first use up the carbohydrates and then lipids. Why is this?

**A.** Lipids are rich in water.

**B.** Lipids are immediate energy reserves.

**C.** Lipids are energy reserves to be used over a long period of time.

**D.** Lipids are rich in vitamins, minerals and water.

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**7** A boy falls and cuts his leg. His leg bleeds for a long time. What causes this to happen?

**A.** A deficiency of lipids.

**B.** An excess of lipids.

**C.** A deficiency of vitamins and minerals.

**D.** An excess of vitamins and minerals.

**8** Which is a characteristic of water?

I. It does not give the body energy.

II. It is commonly considered a nutrient.

III. It is vital to keep the body functioning.

**A.** Only III.

**B.** I and III.

**C.** II and III.

**D.** I, II and III.

**9** What do these foods have in common?

**A.** They both contain a lot of lipids.

**B.** Their nutrients are involved in making and repairing body structures.

**C.** Their nutrients help our bodies function well.

**D.** They give us immediate energy.

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**10** What are the benefits of protein?

**A.** It eliminates waste.

**B.** It provides the body with raw material for growth.

**C.** It provides energy for vital functions.

**D.** It regulates the different processes of the body.

**11** What chemical tests for the presence of starch?

**A.** Lugol's iodine.

**B.** Lipids.

**C.** Glucose.

**D.** Amino acids.

**12** What is the disease related to excessive fat tissue called?

**A.** Bulimia.

**B.** Anorexia.

**C.** Obesity.

**D.** Malnutrition.

**13** Which vitamin should you take to help your body absorb calcium?

**A.** Vitamin A.

**B.** Vitamin B.

**C.** Vitamin C.

**D.** Vitamin D.

**14** What minerals do you need to help your blood transport oxygen and coagulate efficiently?

**A.** Iron and calcium.

**B.** Potassium and sodium.

**C.** Magnesium and sodium.

**D.** Hydrogen and oxygen.

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**15** What are the characteristics of a balanced diet?

I. Eat only fruits and vegetables.

II. Eat foods that give the body the most important nutrients.

III. Eat the correct amounts of different nutrients according to the needs of the body.

**A.** Only I.

**B.** I and II.

**C.** III.

**D.** I, II and III.

**16** Which of these foods do you need more of?

**A.** Candy and sweets.

**B.** Fruits and vegetables.

**C.** Butter and nuts.

**D.** Milk and fish.

**17** Which of these foods is the richest in carbohydrates?

**A.** Beans.

**B.** Yogurt.

**C.** Pasta.

**D.** Honey.

**18** Which of these isn't a living thing?

**A.** A virus.

**B.** A fungus.

**C.** Bacteria.

**D.** A microorganism.

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**19** Which of these is a viral infection?

**A.** Cholera.
**B.** Typhoid fever.
**C.** Tuberculosis.
**D.** Chicken pox.

**20** Which is not a healthy daily habit?

**A.** Brushing your teeth after you eat.
**B.** Sharing cups and utensils.
**C.** Washing fruits and vegetables.
**D.** Wearing shoes in public places.

**21** Which conditions favor the growth of fungi?

**A.** A lot of light and humidity.
**B.** A lot of light and little humidity.
**C.** Little light and a lot of humidity.
**D.** Little light and little humidity.

**22** Parkinson's disease results in the deterioration of neurons in the brain. What type of disease is it?

**A.** Deficiency.
**B.** Parasitic.
**C.** Degenerative.
**D.** Infectious.

**23** What kind of disease is caused by bacteria?

**A.** Deficiency.
**B.** Parasitic.
**C.** Degenerative.
**D.** Infectious.

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**24** What is the difference between a cold and Alzheimer's disease?

**A.** A cold is caused by parasites, while Alzheimer's disease is not.

**B.** Alzheimer's disease is caused by parasites, while a cold is not.

**C.** A cold is caused by microorganisms, while Alzheimer's disease is not.

**D.** Alzheimer's disease is caused by microorganisms, while a cold is not.

**25** Which microorganisms are the most studied by scientists?

I. Viruses.

II. Fungi.

III. Bacteria.

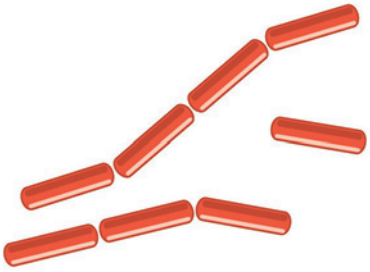
**A.** Only III.

**B.** I and III.

**C.** II and III.

**D.** I, II and III.

**26** What type of bacteria are these?



**A.** Vibrios.

**B.** Bacilli.

**C.** Cocci.

**D.** Spirochetes.

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**27** Which type of microorganism is the most abundant?

**A.** Viruses.

**B.** Fungi.

**C.** Bacteria.

**D.** Parasites.

**28** What causes cholera?

**A.** A virus called HIV.

**B.** An Amazonian fungus.

**C.** A bacterium called vibrio cholerae.

**D.** A bacterium called mycobacterium tuberculosis.

**29** Microorganisms can also be beneficial for our bodies. For example, bacterial flora grows in the large intestine and produces vitamin K. What is the function of this vitamin?

**A.** It increases immunity.

**B.** It creates pathogenic microorganisms.

**C.** It decomposes cellulose to make glucose.

**D.** It helps blood coagulate when there is a wound.

**30** Which microorganism can be multicellular or unicellular?

**A.** Fungi.

**B.** Bacteria.

**C.** Viruses.

**D.** Bacilli.

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**31** Match the functions with the nutrients.

**A.** Give immediate energy to the organism.

**B.** Regulate several body processes.

**C.** Repair and build tissue.

**D.** Provide energy reserves.

**E.** Does not provide energy but is necessary for the body to function.

**1.** _____ Vitamins and minerals

**2.** _____ Water

**3.** _____ Lipids

**4.** _____ Proteins

**5.** _____ Carbohydrates

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Test B

# Unit 2 Evaluation

Name: _____ Class: _____ Date: _____

**Mark the correct answers with a ✔.**

**1** Why do you gain weight when you eat a lot of lipids?

**A.** The body does not use them and they become waste.

**B.** They give the body immediate energy.

**C.** They are stored in the body for energy over a long period of time.

**D.** They are stored as glucose in soft tissues.

**2** Why is it good to eat pasta before playing sports?

**A.** Because it contains a lot of water.

**B.** Because it contains a lot of protein.

**C.** Because it passes through the body quickly.

**D.** Because it is a food rich in carbohydrates.

**3** What function does protein have?

**A.** It regulates body functions.

**B.** It gives energy for immediate use.

**C.** It is involved in making and repairing body structures.

**D.** It gives energy over a long period of time.

**4** Which type of nutrient do potatoes have a lot of?

**A.** Lipids.

**B.** Proteins.

**C.** Vitamins.

**D.** Carbohydrates.

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**5** Polar bears hibernate, so they need to store fat to survive the winter. If we hibernated like polar bears, which nutrient would we need to consume a lot of?

**A.** Lipids.

**B.** Proteins.

**C.** Vitamins.

**D.** Carbohydrates.

**6** Why are lipids important if you cannot eat for a long time?

**A.** Because they are rich in water.

**B.** Because they are immediate energy reserves.

**C.** Because they are energy reserves to be used over a long period of time.

**D.** Because they are rich in vitamins, minerals and water.

**7** A girl fell down and cut her leg. It bled for a long time afterward. What caused her leg to bleed for a long time?

**A.** A deficiency of lipids.

**B.** An excess of lipids.

**C.** A deficiency of vitamins and minerals.

**D.** An excess of vitamins and minerals.

**8** Which are characteristics of water?

I. It does not give the body energy.

II. It is commonly considered a nutrient.

III. It is vital to keep the body functioning.

**A.** Only III.

**B.** I and III.

**C.** II and III.

**D.** I, II and III.

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**9** What do these foods have in common?

**A.** They both contain a lot of lipids.

**B.** Their nutrients help our bodies function well.

**C.** Their nutrients help make and repair body structures.

**D.** They give us immediate energy.

**10** What are the benefits of protein?

**A.** It eliminates waste.

**B.** It provides energy for vital functions.

**C.** It regulates processes in the body.

**D.** It provides the body with raw material for growth and development.

**11** What chemical tests for carbohydrates?

**A.** Water.

**B.** Lugol's iodine.

**C.** Glucose.

**D.** Amino acids.

**12** What nutrients are stored in fat tissue?

**A.** Lipids.

**B.** Glucose.

**C.** Proteins.

**D.** Carbohydrates.

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**13** If you cannot absorb calcium, what do you need more of?

**A.** Sodium.

**B.** Vitamin A.

**C.** Vitamin D.

**D.** Vitamin K.

**14** What are the results of a lack of iron and calcium?

**A.** A deficiency of sodium.

**B.** A deficiency of lipids and proteins.

**C.** Problems with the transportation of oxygen and coagulation.

**D.** Problems with the transportation of oxygen and physical weakness.

**15** What are the characteristics of a balanced diet?

I. Eat only fruits and vegetables.

II. Eat foods that give the body the most energy.

III. Eat the correct amounts of different nutrients according to the needs of the body.

**A.** Only III.

**B.** I and II.

**C.** II and III.

**D.** I, II and III.

**16** Which food do you need the least of?

**A.** Butter.

**B.** Pasta.

**C.** Meat.

**D.** Fruit.

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**17** Which of these foods is the richest in proteins?

**A.** Rice.

**B.** Vegetables.

**C.** Eggs.

**D.** Honey.

**18** Which of these is a living thing?

**A.** A virus.

**B.** A protein.

**C.** A fat.

**D.** A fungus.

**19** Which of these is a bacterial infection?

**A.** Tuberculosis.

**B.** AIDS.

**C.** Athlete's foot.

**D.** Chicken pox.

**20** Which is a healthy habit?

**A.** Drinking water from rivers.

**B.** Eating fruit straight from a tree.

**C.** Brushing your teeth with someone else's toothbrush.

**D.** Washing your hands after sneezing.

**21** Which conditions inhibit the growth of fungi the most?

**A.** A lot of light and a lot of humidity.

**B.** A lot of light and little humidity.

**C.** Little light and a lot of humidity.

**D.** Little light and little humidity.

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**22** What type of disease is caused by a tapeworm in the small intestine?

**A.** Deficiency.
**B.** Parasitic.
**C.** Degenerative.
**D.** Infectious.

**23** What type of disease is caused by bacteria?

**A.** Deficiency.
**B.** Parasitic.
**C.** Degenerative.
**D.** Infectious.

**24** What is the difference between a cold and Alzheimer's disease?

**A.** A cold is caused by parasites, while Alzheimer's disease is not.
**B.** Alzheimer's disease is caused by microorganisms, while a cold is not.
**C.** Alzheimer's disease is caused by brain deterioration, while a cold is not.
**D.** A cold is caused by vitamin D and iron deficiency, while Alzheimer's disease is not.

**25** Which microorganisms are most studied by scientists?

I. Viruses.
II. Fungi.
III. Bacteria.

**A.** Only III.
**B.** I and III.
**C.** II and III.
**D.** I, II and III.

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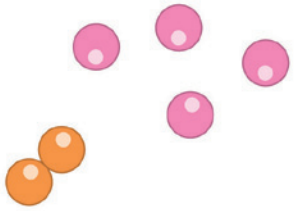
**26** What type of bacteria is this?



**A.** Vibrios.

**B.** Cocci.

**C.** Bacilli.

**D.** Spirochetes.

**27** Where can we find bacteria?

I. Air.

II. Water.

III. Soil.

IV. Inside our bodies.

**A.** Only IV.

**B.** I, II and III.

**C.** I, II and IV.

**D.** I, II, III and IV.

**28** What causes typhoid fever?

**A.** A virus called HIV.

**B.** An Amazonian fungus.

**C.** A bacterium called vibrio cholerae.

**D.** A bacterium called salmonella typhi.

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**29** Microorganisms can also be beneficial for our bodies. What is the function of bacterial flora?

**A.** It decreases immunity.

**B.** It creates pathogenic microorganisms.

**C.** It decomposes cellulose to make vitamin K.

**D.** It creates more blood when there is loss of blood from an injury.

**30** Which organisms are always unicellular?

**A.** Fungi.

**B.** Viruses.

**C.** Bacteria.

**D.** Animals.

**31** Match the nutrients with the functions.

**A.** Carbohydrates

**B.** Lipids

**C.** Vitamins and minerals

**D.** Proteins

**E.** Water

**1.** _____ Regulate several body processes.

**2.** _____ Give immediate energy to the organism.

**3.** _____ Repair and build tissue.

**4.** _____ Does not provide energy but is necessary for the body to function.

**5.** _____ Provide energy reserves.

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