

# Essential Nutrients Quiz

<p>How many different types of carbohydrates are there?</p> <p><input type="text"/></p>	<p>These letters from the alphabet make me up, each having specific roles within the body. What am I?</p> <p><input type="text"/></p>	<p>Experts recommend drinking at least 1.5-2 liters of me daily for survival instead of soda, coffee, juice and other beverages.</p> <p><input type="text"/></p>	<p>Name the vitamin and health problems that can result from not consuming enough of me before and during pregnancy.</p> <p><input type="text"/></p>
<p>Why does the body need a certain amount of fat?</p> <p><input type="text"/></p>	<p>This is a non-nutrient that aids in digestion, helps reduce the risk of heart disease and is a sub-group of carbohydrates.</p> <p><input type="text"/></p>	<p>What do carbohydrates do for the body?</p> <p><input type="text"/></p>	<p>What are proteins made up of and how many need to be provided from food because the body can't produce them?</p> <p><input type="text"/></p>
<p>These are not only found in almost all foods, they are also found in the earth's crust? They include sodium, iron and calcium.</p> <p><input type="text"/></p>	<p>If you were eating complex carbohydrates, you would be eating these foods?</p> <p><input type="text"/></p>	<p>These compounds help regulate body processes such as digestion, growth, metabolism, nerve function and wound healing.</p> <p><input type="text"/></p>	<p>I'm a healthy type of fat found in certain plant and animal proteins.</p> <p><input type="text"/></p>
<p>This is a type of carbohydrate along with some examples of foods I would eat that would result in the "crash and burn syndrome"</p> <p><input type="text"/></p>	<p>I am found in plant and animal sources like peanut butter and eggs. What nutrient am I?</p> <p><input type="text"/></p>	<p>People need this number of minerals on a daily basis and can be found in these types of foods?</p> <p><input type="text"/></p>	<p>A severe water deficiency can result in this health risk especially when it's hot outside.</p> <p><input type="text"/></p>