

Name: _____

Date: _____

Lesson 9: Food as Fuel HS Assessment

1. What is the primary function of the skeletal system?
 - a. Blood circulation
 - b. Bone tissue production
 - c. Oxygen transport
 - d. Hormone production
2. Which system controls the body and communicates between its parts?
 - a. Nervous system
 - b. Respiratory system
 - c. Endocrine system
 - d. Cardiovascular system
3. Which system is responsible for voluntary and involuntary movement?
 - a. Endocrine system
 - b. Muscular system
 - c. Lymphatic system
 - d. Digestive system
4. What does the endocrine system primarily regulate?
 - a. Blood flow
 - b. Hormone production and processes
 - c. Oxygen levels
 - d. Bone structure
5. Which system regulates the circulation of blood?
 - a. Cardiovascular system
 - b. Digestive system
 - c. Nervous system
 - d. Lymphatic system
6. What is the main role of the lymphatic system?
 - a. Hormone regulation
 - b. Absorption of fats and fighting foreign particles
 - c. Oxygen transport
 - d. Blood pressure regulation
7. What does the respiratory system provide to the body?
 - a. Food
 - b. Oxygen
 - c. Hormones
 - d. Electrolytes
8. Which system is responsible for the digestion and absorption of food?
 - a. Endocrine system
 - b. Cardiovascular system

- c. Digestive system
- d. Urinary system

9. What function does the urinary system regulate?

- a. Oxygen distribution
- b. Internal fluid levels and electrolyte balance
- c. Blood cell production
- d. Brain activity

10. What is the body's primary source of energy?

- a. Oxygen
- b. Hormones
- c. Water
- d. Food

11. What type of nutrient is crucial for brain development and function?

- a. Carbohydrates
- b. Proteins
- c. Fatty acids
- d. Vitamins

12. What is DHA important for?

- a. Muscle growth
- b. Brain function
- c. Bone strength
- d. Blood circulation

13. How does the body use carbohydrates?

- a. To produce hormones
- b. As energy by converting them to glucose
- c. To repair tissue
- d. For oxygen transport

14. What are glycogen stores used for?

- a. Hormone regulation
- b. Energy when needed
- c. Bone growth
- d. Digestion

15. What is the role of protein in the body?

- a. Provide energy
- b. Repair and build tissues
- c. Regulate blood pressure
- d. Transport oxygen

16. Why is it important to view food as fuel?

- a. It teaches us to eat food for energy and performance
- b. It makes food taste better
- c. It improves digestion

- d. It leads to better sleep
17. What is an example of a whole food?
- a. Pasteurized cheese
 - b. Chips
 - c. Raw milk
 - d. Ice cream
18. What type of food is minimally processed?
- a. Fresh fruit
 - b. Butchered red meat
 - c. Packaged snacks
 - d. Sodas
19. What are the benefits of consuming whole and minimally processed foods?
- a. Lower sodium intake
 - b. Higher nutrient intake and better insulin sensitivity
 - c. Higher calorie consumption
 - d. Increased fat storage
20. Why should processed foods be consumed sparingly?
- a. They are rich in fiber
 - b. They contain artificial additives and high amounts of sugar
 - c. They boost energy quickly
 - d. They are a primary source of protein

Answer Key:

1. (B)
2. (A)
3. (B)
4. (B)
5. (A)
6. (B)
7. (B)
8. (C)
9. (B)
10. (D)
11. (C)
12. (B)
13. (B)
14. (B)
15. (B)
16. (A)
17. (C)
18. (B)
19. (B)
20. (B)