

Answer Key – Quiz 2 – Nutrition



1) What are the 2 main sources of nutrient production in nature? (5pts)

Plants and Bacteria

2) What are Macronutrients? (5pts)

Sugars, Carbohydrates, Proteins, Fats and Oils

3) What are Micronutrients? (5pts)

Vitamins and Minerals

4) What are Amino Acids? (5pts)

The basic building blocks of proteins.

5) What are Fatty Acids? (5pts)

All of the above: The basic molecular components of fats and oils, components of cell membranes, Molecule with long saturated or unsaturated carbon chains, Molecules that build hormones and other structures of the cell.

6) Name 3 Macronutrients and 3 Micronutrients: (12pts)

Macronutrients: Sugars, Fats, Carbohydrates

Micronutrients: Calcium, Copper, Iodine, Magnesium Niacin, Folate, Vitamin A, Bx, C, D, E, K, DHA, Lysine, Valine, Choline,...



1) Name 3 benefits of micronutrients to the Cardiovascular System: (12pts)

Improves vascular tone, blood pressure, reduces vascular damage, prevents heart scarring, reduces chance of heart attacks, arrhythmia, atherosclerosis, plaque build-up, heart disease

7) Name 3 benefits of micronutrients to the Nervous System: (12pts)

Increases cognitive power, regulates emotional states, normalizes limbic system, prevents mental illness, stabilizes brain chemistry

2) Name 3 benefits of micronutrients to the Musculoskeletal System: (12pts)

Strengthens the fascia, increases muscle mass, Increases coordination, vitality, strength, flexibility, collagen, nerves,

3) List 5 serious health problems related to nutritional deficiencies. (32pts)

Genetic mutations, heart disease, impaired brain development, diabetes, liver sclerosis, blindness, neuropathy, cancer, dementia, kidney disease, ... almost everything...