



Name \_\_\_\_\_

Period \_\_\_\_\_

Date \_\_\_\_\_

**SECTION**  
**32.1**

NUTRIENTS AND HOMEOSTASIS  
**Section Quiz**

Choose the letter of the best answer.

- \_\_\_\_\_ **1.** How much water do you need to drink each day in order to replace fluids lost through urine, sweat, and respiration?
- a.** about 2 cups
  - b.** about 8 cups
  - c.** about 16 cups
  - d.** about 24 cups
- \_\_\_\_\_ **2.** Which nutrient is your body's main source of the raw materials used for growth and repair?
- a.** animal fats
  - b.** proteins
  - c.** minerals
  - d.** vitamin B<sub>12</sub>
- \_\_\_\_\_ **3.** Which of the following foods is a good source of carbohydrates?
- a.** cheese
  - b.** potatoes
  - c.** chicken
  - d.** seeds
- \_\_\_\_\_ **4.** Good nutrition is especially important during the first two years of life and during the preteen years to
- a.** help maintain normal childhood homeostasis.
  - b.** support accelerated growth and development.
  - c.** prevent excessive carbohydrate consumption.
  - d.** ensure you get enough green, leafy vegetables.
- \_\_\_\_\_ **5.** The food label on a package of cookies tells you that the amount of Calories per serving is 250, 150 of which are from fat. If you eat 2 servings (4 cookies), how many Calories will you be getting?
- a.** 300
  - b.** 400
  - c.** 500
  - d.** 600