**BASIC NUTRITON and CARBOHYDRATE METABOLISM PRACTICE QUIZ With KEY**

1. **When blood sugar is getting too high, what will happen?**
2. **Your pancreas will release Glucagon hormone which will direct your muscle and liver cells to take up glucose and store it as Glycogen.**
3. **Your pancreas will release Glycogen hormone which will direct your muscle and liver cells to take up glucose and store it as Glucagon.**
4. **Your pancreas will release Insulin hormone which will direct your muscle and liver cells to take up glucose and store it as Glucagon.**
5. **Your pancreas will release Insulin hormone which will direct your muscle and liver cells to take up glucose and store it as Glycogen.**
6. **The following energy graph depicts what type of chemical reaction?**



1. **Catabolic Reaction C) Ketogenic Reaction**
2. **Anabolic Reaction D) Hydrolytic Reaction**
3. **Which of the following would likely have the highest GI (Glycemic Index)?**
4. **Porridge C) Potato**
5. **Broccoli D) Cherries**
6. **When we burn carbohydrates, we take the energy that comes out of the reaction and we use it to build which high-energy molecule that runs all cellular processes?
A) Adenosine Diphosphate (ADP)**

**B)Adenosine Triphosphate (ATP)**

1. **Triglyceride Fats**
2. **Glucagon**
3. **Blood sugar (glucose) levels should range between 80 mg/dL and 130 mg/dL, if an individual's blood work showed a Blood Glucose level of 185 mg/dL, what would best describe his/her condition?**
4. **Hypoglycemia**
5. **Catabolic Glycemia**
6. **Anabolic Glycemia**
7. **Hyperglycemia**
8. **Which of the following is NOT a Macronutrient?**
9. **Water**
10. **Minerals**
11. **Proteins**
12. **Carbohydrates**
13. **Fats**
14. **Which of the following would yield the most total calories for your body?**
15. **5 grams of pure fat**
16. **7 grams of pure carbohydrate**
17. **8 grams of pure protein**
18. **12 grams of pure vitamins**
19. **Which value has the most energy?**
20. **50 Calories**
21. **5000 calories**
22. **500 kcalories**
23. **Both B and C have the same amount of caloric value**
24. **The majority of your calories (55%-65%) should come from which group?**
25. **Fats C) Proteins**
26. **Carbohydrates D) Vitamins**
27. **Which of the following is LEAST likely associated with a diet rich in high-glycemic refined carbohydrates?**
28. **Type II Diabetes**
29. **Cardiovascular Disease**
30. **Type I Diabetes**
31. **Obesity**

**KEY**

1. **When blood sugar is getting too high, what will happen?**
2. **Your pancreas will release Glucagon hormone which will direct your muscle and liver cells to take up glucose and store it as Glycogen.**
3. **Your pancreas will release Glycogen hormone which will direct your muscle and liver cells to take up glucose and store it as Glucagon.**
4. **Your pancreas will release Insulin hormone which will direct your muscle and liver cells to take up glucose and store it as Glucagon.**
5. **Your pancreas will release Insulin hormone which will direct your muscle and liver cells to take up glucose and store it as Glycogen.**
6. **The following energy graph depicts what type of chemical reaction?**



1. **Catabolic Reaction C) Ketogenic Reaction**
2. **Anabolic Reaction D) Hydrolytic Reaction**
3. **Which of the following would likely have the highest GI (Glycemic Index)?**

**A)Porridge C) Potato**

**B)Broccoli D) Cherries**

1. **When we burn carbohydrates, we take the energy that comes out of the reaction and we use it to build which high-energy molecule that runs all cellular processes?
A) Adenosine Diphosphate (ADP)**

**B)Adenosine Triphosphate (ATP)**

1. **Triglyceride Fats**
2. **Glucagon**
3. **Blood sugar (glucose) levels should range between 80 mg/dL and 130 mg/dL, if an individual's blood work showed a Blood Glucose level of 185 mg/dL, what would best describe his/her condition?**
4. **Hypoglycemia**
5. **Catabolic Glycemia**
6. **Anabolic Glycemia**
7. **Hyperglycemia**
8. **Which of the following is NOT a Macronutrient?**
9. **Water**
10. **Minerals**
11. **Proteins**
12. **Carbohydrates**
13. **Fats**
14. **Which of the following would yield the most total calories for your body?**
15. **5 grams of pure fat (each gram has 9.3 Calories)**
16. **7 grams of pure carbohydrate (each gram has 4.1 Calories)**
17. **8 grams of pure protein (each gram has 4.1 Calories)**
18. **12 grams of pure vitamins (vitamins have no Calories)**
19. **Which value has the most energy?**
20. **50 Calories (each big C Calorie has 1000 little c calories in it)**
21. **5000 calories (= 5 Calories)**
22. **500 kcalories (= 500 Calories)**
23. **Both B and C have the same amount of caloric value**
24. **The majority of your calories (55%-65%) should come from which group?**
25. **Fats C) Proteins**
26. **Carbohydrates D) Vitamins**
27. **Which of the following is LEAST likely associated with a diet rich in high-glycemic refined carbohydrates?**
28. **Type II Diabetes**
29. **Cardiovascular Disease**
30. **Type I Diabetes**
31. **Obesity**