

Name _____

Date _____

Period _____

Chapter 7

Mastery
Test B

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Chapter 7 Mastery Test B

Directions Read the words in the Word Bank. Choose the item that best completes each sentence. On the blank before each number, write the letter for that item.

Word Bank

- | | | |
|------------------|-----------------------|--------------------|
| a) absorption | f) digestion | k) nutrients |
| b) amino acids | g) energy | l) polyunsaturated |
| c) calcium | h) fiber | m) protein |
| d) carbohydrates | i) Food Guide Pyramid | n) vitamins |
| e) cholesterol | j) metabolism | o) water |

- _____ 1) _____ is the part of food your body cannot digest.
- _____ 2) Meat, cheese, eggs, and beans are good sources of _____.
- _____ 3) _____ are found in grains, fruits, and vegetables.
- _____ 4) Too much _____ can build up in the blood vessels and prevent proper blood flow.
- _____ 5) When nutrients move from the small intestine into the bloodstream, _____ is taking place.
- _____ 6) _____ helps bones and teeth form and stay strong.
- _____ 7) The process of _____ takes place inside cells.
- _____ 8) Saturated fats are less healthy than _____ fats.
- _____ 9) Different foods contain different _____, so you should eat a wide variety of foods every day.
- _____ 10) The process of breaking down food into nutrients the body can use is _____.
- _____ 11) Calories are used to measure the amount of _____ in food.