# Chapters 1-7 Practice Question Answers

Which of the following best defines nutrition?

- a) A science that includes everything about food.
- b) A science that tells you how to eat.
- c) A science that older than other sciences.
- d) A science that pertains primarily to the American diet.

Answer: a)

Nutrition contributes to Wellness. Which of the following describes how nutrition can contribute to wellness?

- a) Providing energy for physical activity and brain function.
- b) Preventing and treating specific chronic illness.
- c) Providing an opportunity for social interaction.
- d) All of the above are ways that nutrition can contribute to wellness.

Answer: d)

According to the United States Department of Agriculture Food Database a large hard boiled egg provides 60 Calories and 6 grams of protein. How many Calories are coming from protein?

- a) 60 Calories

- d) 24 Calories

Answer: (d) The USDA is a good source of nutrient information. The macronutrient protein provides 4 Calories per gram. 6 grams x 4 Calories/gram = \_\_\_\_ Calories. 6 grams x 4 Calories/gram = 24 Calories from Protein

Which of the following is the term used to identify nutrients that are required in relatively small amounts?

- a) Macronutrients
- b) Micronutrients
- c) Trace nutrients
- d) Organic nutrients

Answer: b)

Water is an important nutrient. Which of the following is a function of water in the body?

- a) Transport of nutrients
- b) Regulation of nerve impulses
- c) Regulation of body temperature
- d) All of the above are functions of water in the body

# **Chapter 3digestive And Nutrition Answers**

**Liane Summerfield** 

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<u>Understanding Nutrition</u> Eleanor Noss Whitney, Sharon Rady Rolfes, MS, RDN, Tim Crowe, Adam Walsh, 2019-08-30 Building upon Ellie Whitney and Sharon Rady Rolfes classic text this fourth Australian and New Zealand edition of Understanding Nutrition is a practical and engaging introduction to the core principles of nutrition With its focus on Australia and New Zealand the text incorporates current nutrition guidelines recommendations and public health nutrition issues relevant to those studying and working in nutrition in this region of the world A thorough introductory guide this market leading text equips students with the knowledge and skills required to optimise health and wellbeing The text begins with core nutrition topics such as diet planning macronutrients vitamins and minerals and follows with chapters on diet and health fitness life span nutrition and food safety Praised for its consistent level and readability careful explanations of all key topics including energy metabolism and other complex processes this is a book that connects with students engaging them as it teaches them the basic concepts and applications of nutrition Wildlife Review ,1986 McGraw-Hill's SAT Subject Test Biology E/M, 3rd Edition Stephanie Zinn, 2012-02-03 Expert guidance on the Biology E M exam Many colleges and universities require you to take one or more SAT II Subject Tests to demonstrate your mastery of specific high school subjects McGraw Hill's SAT Subject Test Biology E M is written by experts in the field and gives you the guidance you need perform at your best This book includes 4 full length sample tests updated for the latest test formats two practice Biology E exams and two practice Biology M exams 30 top tips to remember for test day Glossary of tested biology terms How to decide whether to take Biology E or Biology M Diagnostic test to pinpoint strengths and weaknesses Sample exams exercises and problems designed to match the real tests in content and level of difficulty Step by step review of all topics covered on the two exams In depth coverage of the laboratory experiment questions that are a major part of the test Nutrition, the Cancer Answer Maureen Kennedy Salaman, 1984 Cover title The cancer answer nutrition Includes index Bibliography p 303 Visualizing Nutrition Mary B. Grosvenor, Lori A. Smolin, 2017-12-19 Visualizing Nutrition teaches students to 306 identify and connect the central elements of nutritional science using a visual approach As students explore important nutrition topics they are immersed in content that not only provides scientific understanding but demonstrates relevance to their personal lives Students are challenged and taught the decision making skills needed to navigate the countless choices they will face in promoting their good health and preventing disease Visualizing Nutrition's critical thinking approach with a solid underpinning of the scientific process empowers students to be knowledgeable consumers when faced with decisions about what to eat New York State Regents Exam Kaplan, Kaplan Educational Center Staff, 2000-02 Kaplan s guides to the New York State Regents Exams come complete with a comprehensive review of all the tested material plus Kaplan s exclusive test taking strategies This powerful combination makes the New York State Regents Exam Biology Second Edition a highly effective way for you to score higher on this very challenging test Are you ready for the New York State Regents

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