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Nutrition Unit Test Answers

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Calories are the heat unit of measurement that is used to measure the energy available in foods. It also measures the energy your body uses. 8. What is the acid called that is found in protein that builds our body's structure? AMINO ACID 9. What nutrient is the body's main source of energy? CARBOHYDRATES 10. What is an empty calorie?

Nutrition Unit Test Review-ANSWER KEY

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Nutrition Practice Test Questions; Nutrition Practice Test Questions. 1. Fruits, vegetables and cereals are potent sources of: ... Answers and Explanations. 1. A. ... K may be the result of chronic illness, malnutrition, alcoholism, multiple abdominal surgeries, long-term parenteral nutrition, malabsorption, gallbladder disease, liver disease ...

Nutrition Practice Test Questions

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Fruits: 1 cup fruit or 100% fruit juice or ½ cup dried fruit = 1 cup fruit. Vegetables: 1 cup raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens = 1 cup vegetables. Grains : 1

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slice of bread, 1 cup ready-to-eat cereal, or ½ cup cooked rice, pasta, or cooked cereal = 1 ounce gains.

Unit 2—Packet Nutrition and Fitness

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unit of heat; measures energy in food: fat: more food than needed is stored as this: variety: needed to get all your nutrients: digestion: process of breaking down food so body can use it: carbohydrates: provide energy and fiber: fats: provide energy, aid normal growth, help skin stay healthy: proteins: build, repair, and maintain body tissues: nutrients

Quia - Nutrition Unit Test Review

Basic nutrition pre/post-test. A healthy, balanced diet includes these three major nutrients (macronutrients): a. calories, fat, carbohydrate b. carbohydrate, protein, fat c. protein, fiber, fat d. calories, water, fiber e. I don't know; Which foods provide more of the essential nutrients that we're often lacking? a. fruit, vegetables, and ...

Nutrition Basic Pre and Post Test for Classes ...

This is a test that corresponds to a nutrition unit created by myself. Questions are multiple choice, short answer and essay-style. An answer key is included. Nutrition Unit Test with Answer Key. Subject. Science, Biology, Other (Science) Grade Levels. 2 nd, 3 rd, 4 th. Resource Type.

Nutrition Unit Test with Answer Key by Miss Amanda's ...

Nutrition 101: Science of Nutrition Final Exam Take this practice test to check your existing knowledge of the course material. We'll review your answers and create a Test Prep Plan for you based ...

Nutrition 101: Science of Nutrition - Practice Test ...

As we introduce e-testing, we have developed this facility to replicate the experience of an online test. It is designed to help candidates understand what is required during the examination process. The focus is on familiarising yourself with the e-testing conditions and not on arriving at the correct answer.

Demo E-tests | Caribbean Examinations Council

In the unit on nutrition we looked at what makes up a great diet and what makes up a not-so-great diet. We will also learn about eating disorders, ways to improve our fast food or restaurant diets and about how much hidden sugar we consume on a daily basis. Remind yourself of all this by taking the quiz below.

This Test Is For 8th Graders For The End Of The Nutrition Unit

Nutrition Unit Objective: Explore the elements necessary for proper nutrition and explain how individuals can make healthy food choices. Lessons: 1. Nutrients 2. Guidelines for Healthy Eating 3. Food Packaging and Safety 4. Weight Management 5. Eating Disorders 6. Nutrition Review and Test Packet Contents:

Nutrition Unit - Weebly

Nutrition Facts Label-Vocabulary List List of terms and facts related to the Food Nutrition Label - useful study tool Food LabelVocabulary List.docx 21.79 KB (Last Modified on February 28, 2012)

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