

Food & Nutrition Exam

1. The six main nutrients we require in our diet are:
 - a. Fat, water, carbohydrates, fibre, cholesterol, minerals
 - b. Fat, water, fibre, cholesterol, minerals, protein
 - c. Fat, water, protein, fibre, minerals, cholesterol
 - d. Fat, water, protein, carbohydrates, vitamins, minerals
2. The main function of carbohydrates is to provide:
 - a. Energy
 - b. Flavour
 - c. Cholesterol
 - d. Protein
3. The main function of fats are to:
 - a. Eliminate waste products
 - b. Build & repair body tissue
 - c. Supply energy, maintain healthy skin
 - d. Maintain body temperature
4. Two types of fibre are:
 - a. Solvent and insolvent
 - b. Soluble and insoluble
 - c. Fatty and acidic
 - d. Fibrous and non-fibrous
5. Saturated fats are found in:
 - a. Dairy products
 - b. Tropical oils
 - c. Meat
 - d. All of the above
6. Proteins are used mainly to:
 - a. Grow & repair damaged parts
 - b. Help maintain good health
 - c. Regulate body process
 - d. All of the above
7. Proteins are mainly found in:
 - a. Meat, poultry, fish
 - b. Plants, beans, grains
 - c. Dairy
 - d. Vegetables

Nutrition Unit Test Answers

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A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the author's name.

Nutrition Unit Test Answers:

Resources in education ,1987-08 **Journal of Food & Nutrition** ,1983 **Effective Instructional Strategies**
Kenneth D. Moore,2011-09-21 Effective Instructional Strategies From Theory to Practice 3e covers the practical information that all effective K 12 teachers need Applying the latest research findings and practical classroom practices it provides thorough coverage of the strategies and skills essential to every teacher s repertoire The text provides information about how to be an effective classroom teacher It has been carefully designed to maximize instructional flexibility and to model established principles of instruction as well as to expand the pedagogical teaching knowledge of teachers and their instructional repertoires 3e covers the practical information that all effective K 12 teachers need Applying the latest research findings and practical classroom practices it provides thorough coverage of the strategies and skills essential to every teacher s repertoire The text provides information about how to be an effective classroom teacher It has been carefully designed to maximize instructional flexibility and to model established principles of instruction as well as to expand the pedagogical teaching knowledge of teachers and their instructional repertoires Effective Instructional Strategies can be used as a core text for primary middle secondary or K 12 general methods courses or for use in service seminars and workshops with a practical application focus It also makes an ideal reference text for individuals wanting an update and or refresher prior to taking state or national competency exams **Nutrition in Health Care** Marjorie Murphy,1981 **Using Laboratory Experiences with Journal Writing to Teach a Nutritional Unit to 7th Grade Students** Heather Ann Bradway,2000 Totally Awesome Health Linda Brower Meeks,1999 **Resources in Education** ,1995 The Basic Health and Safety Program ,1957 **Introduction** Earl Palan,1983 *Tests* Richard C. Sweetland,Daniel J. Keyser,1984
 Nutrition in Health Maintenance & Health Promotion for Primary Care Providers Yolanda Monroy Gutierrez,1994 **Special Study** Science Council of Canada,1984 **Background Study** ,1984 **Nutrition in Health and Disease** Lenna Frances Cooper,Edith Michael Barber,Helen Swift Mitchell,1928 Teaching Content to All B. Keith Lenz,Donald D. Deshler,2004 Teaching Content to All includes what every secondary teacher needs to know about instructing students with different learning needs It helps secondary teachers understand academic diversity among students and then plan for and implement instruction that reaches all students The text addresses the unique challenges faced by secondary educators committed to inclusion and to meeting standards for all students Teaching Content to All explains research based teaching techniques and strategies based on understanding instructional goals rather than simply implementing isolated teaching tools Examples are heavily oriented toward the content areas and the planning and teaching routines it presents are easily adaptable across the curriculum by both general and special educators The material can be adapted for the elementary grades **Saunders Comprehensive Review for the NCLEX-PN Examination** Linda Anne Silvestri,2010 This truly unique bestselling review and preparation resource offers the perfect combination of core content review practice questions

with comprehensive rationales and detailed test taking strategies and tips The companion CD contains all of the questions from the book plus more than 2 600 additional practice questions Nursing Skills for Clinical Practice Beverly J. Rambo, Lucile A. Wood, 1982 **Teen Health Course 3** Wright Group-McGraw Hill, 2002-04 **School Food Service Journal** , 1992 **Health: Teacher edition** Linda Brower Meeks, 1987

Unveiling the Magic of Words: A Review of "**Nutrition Unit Test Answers**"

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