

Food & Nutrition Exam

1. The six main nutrients we require in our diet are:

- water; carbohydrates, fibre, cholesterol, minerals
- water; fibre, cholesterol, minerals, protein
- protein, fibre, minerals, cholesterol
- water; protein, carbohydrates, vitamins, minerals

2. The main function of carbohydrates is to provide:

- Energy
- Flavour
- Cholesterol
- Protein

3. The main functions of fibre are to:

- Eliminate waste products
- Build & repair body tissue
- Supply energy, and retain healthy water
- Maintain body temperature

4. Two types of fibre are:

- Soluble and insoluble
- Soluble and unsoluble
- Fatty and acidic
- Fibrous and non-fibrous

5. Saturated fats are found in:

- Dairy products
- Tropical oils
- Meat
- All of the above

6. Proteins are used mainly to:

- Grow & repair damaged parts
- Help maintain good health
- Regulate body processes
- All of the above

7. Proteins are mainly found in:

- Meat, poultry, fish
- Plants, beans, grains
- Dairy
- Vegetables

Nutrition Unit Test Answers

Earl Palan

Nutrition Unit Test Answers:

Resources in education ,1987-08 **Journal of Food & Nutrition** ,1983 **Effective Instructional Strategies**
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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

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