Nutrition Exam 1

1. What nutrient does not provide energy
A. Carbohydrates
B. Vitamins
C. Proteins
D. Lipids -
   B

2. Which element is found in protein but is not found in carbohydrates and lipids
A. Nitrogen
B. Carbon
C. Hydrogen
D. Oxygen -
   A

3. How many calories per gram are supplied by fats and oils
A. 9
B. 4
C. 5
D. 7 -
   A

4. A kilocalorie is the amount of heat energy it takes to raise the temperature of 1 gram of water 1 degree Celsius
A. True
B. False -
   B

5. How many calories are in a food that contains 12g carbohydrate, 3g alcohol, 0g fat, and 3g protein
A. 112
B. 81
C. 75
D. 124 -
   B

6. Animal sources, such as meat, seafood, dairy products, and eggs, supply about two-thirds of the protein intake for most people around the world
A. True
B. False -
   B

7. Foods are selected based mainly on _____
A. Hunger
B. Appetite
C. Custom
D. Cost -

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Julia Schneider

Nutrition Exam Questions:

Nutrition Exam Questions Book Review: Unveiling the Power of Words

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