question1) "What is the most important meal of the day and why?",

answers: {

a: "Lunch is , beacause it is the part of the day you are most active.",

b:"Dinner becuase you are choosing the last thing that goes in your body",

c:"Snacks thoughout the day are best. Meals are a lie.",

d:"Breakfast becase it determines your hormonal response for the rest of the day."

},

corrects:{

a:false,

b:false,

c:false,

d:true

}

question: "What are the main macronutrients in food?",

answers: {

a:"protiens,fats and sugars.",

b:"protiens,fats,and carbohydrates",

c:"carbohydrates,sugars, and fats",

d:"protiens,carbohydrates, and oxygen"

},

corrects:{

a:false,

b:true,

c:false,

d:false

}

};

question: "A nutrient that makes half your body is \_\_",

answers: {

a:"fats",

b:"protiens",

c:"vitamins",

d:"water"

},

corrects:{

a:false,

b:false,

c:false,

d:true

}

question: "Nutrients that provide and promote healthy skin and normal growth.",

answers:

{

a:"fats",

b:"protiens",

c:"vitamins",

d:"water"

},

corrects:{

a:true,

b:false,

c:false,

d:false

}

question: "Baked or boiled foods have less \_\_\_\_\_\_\_\_\_ than fried foods.",

answers: {

a:"bacteria",

b:"choloesteral",

c:"fat",

d:"sodium"

},

corrects:{

a:false,

b:false,

c:true,

d:false

}

question: "The amount of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ a person eats can be deceased by not putting salt in food",

answers: {

a: "sugar",

b:"salt",

c:"hormones",

d:"anxiety"

},

corrects:

a:false,

b:false,

c:false,

d:true

question: "THE PSYCHOLOGICAL DESIRE FOR FOOD IS",

answers: {

a: "apetite",

b:"calorie",

c:"hungry",

d:"nutrient deficiency"

},

corrects:{

a:true,

b:false,

c:false,

d:false

}

question: "a shortage of a nutrient is called",

answers: {

a: "apetite",

b:"calorie",

c:"hungry",

d:"nutrient deficiency"

},

corrects:{

a:false,

b:false,

c:false,

d:true

}

question: "a unit of available energy in different foods is",

answers: {

a: "obesity",

b:"calorie",

c:"weight control",

d:"desired weight"

},

corrects:{

a:false,

b:true,

c:false,

d:false

}

question: "the nutrient that helps builds muscle and cells is",

answers: {

a: "water",

b:"protien",

c:"fiber",

d:"cholesterol"

},

corrects:{

a:false,

b:true,

c:false,

d:false

}

};

* + 

Student:







