

SECTION 48 1 REVIEW NUTRIENTS

ANSWER KEY

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Section 48-1 Review: Nutrients

Question 1: Which of the following is NOT a macronutrient?

- (A) Carbohydrates
- (B) Vitamins
- (C) Proteins
- (D) Fats

Answer: B

Question 2: Which type of nutrient provides energy?

- (A) Carbohydrates
- (B) Minerals
- (C) Vitamins
- (D) Water

Answer: A

Question 3: What is the main function of proteins in the body?

- (A) To provide structure and repair tissues
- (B) To store energy
- (C) To regulate body processes

- (D) To fight infection

Answer: A

Question 4: Which vitamin is essential for bone health?

- (A) Vitamin A
- (B) Vitamin C
- (C) Vitamin D
- (D) Vitamin E

Answer: C

Question 5: What is the difference between essential and nonessential nutrients?

- (A) Essential nutrients can be made by the body, while nonessential nutrients cannot.
- (B) Essential nutrients are only found in animal products, while nonessential nutrients are only found in plant products.
- (C) Essential nutrients are needed in large quantities, while nonessential nutrients are needed in small quantities.
- (D) Essential nutrients provide energy, while nonessential nutrients do not.

Answer: A

What keyboard did the Beatles use?

Did any Beatles play keyboard? Paul was the best piano player in The Beatles. Of course John played piano as well, but not nearly as well as Paul, and George also played organ and keyboards on several tracks. Paul had played the piano since he was a child, there was a piano in his childhood home, although he didn't have piano lessons.

What keys did the Beatles use? The fact that 165 of the Beatles's 194 songs in major keys are in the “practical guitar keys” of C, G, D, A and E major in itself shows that the music very often was conceived using guitars (cf. Lilliestam 1995, pp. 171–180, on how rock songs are composed) and Mellers (1973, p. _____)

Who played keyboard on Beatles Get Back? Billy Preston, an old friend of the Beatles, was in England for some television appearances. He joined the Beatles on keyboards on 22 January. The group, with Preston playing Fender Rhodes electric piano, recorded about ten takes on 23 January.

Did the Beatles use a moog synthesizer? It's been over 50 years since the Beatles released one of their last productions, their legendary Abbey Road album. For the sequences of some of their songs they even used a synthesizer—the Moog IIIp. If all this had just remained a side note, the instrument would never have had such a thrilling journey afterward.

Did Linda McCartney really play keyboards? Musical career Linda had been learning to play keyboards from her husband, and after the 1970 breakup of the Beatles, Paul and Linda recorded the album Ram together, and they formed the band Wings in 1971. She continued to play alongside Paul following Wings' breakup in 1981 up until The New World Tour in 1993.

Does Ringo Starr play piano? Ringo can play the piano. He played piano on Octopus's Garden. Ringo can also play the guitar.

Did Paul McCartney learn piano? Born in Liverpool, McCartney taught himself piano, guitar, and songwriting as a teenager, having been influenced by his father, a jazz player, and rock and roll performers such as Little Richard and Buddy Holly.

Could all the Beatles play piano? but Paul played keyboards on 48 songs, John played keyboards on 28 songs and George Martin played keyboards on 27 songs. The Beatles also had two guest keyboardists.

Could John Lennon read music? The Beatles In a surprising interview to Playboy in 1980 – yes, Playboy! – John Lennon revealed that none of the guys knew how to read music. In fact, John Lennon shocked many by saying he has never practiced scales! We, of course, don't encourage you to skip practicing guitar scales, but each to their own.

What tuning did the Beatles use? Did the Beatles ever use anything other than standard tuning on their guitars? George typically would play slide in standard tuning or “drop D”. An exception was his song “Cloud Nine” - EAEACE tuning; and there

could be others. John and Paul would sometimes use drop “D tuning” too.

Were the Beatles self-taught musicians? Like most early rock-and-roll figures, Lennon, a guitarist and singer, and McCartney, a bassist and singer, were largely self-taught as musicians.

Who was called the fifth beatle? Billy Preston first met the Beatles in 1962, but his "Fifth Beatle" claim originated in January 1969 when Harrison invited him to join them for recording sessions in order to defuse tensions in the band.

Who played keyboard on Beatles in my life? George Martin played the piano part of the song, which was sped up to make it sound like a harpsichord. Mojo magazine said that the song was the best of all time. Rolling Stone said it was the 23rd best song of all time in their list.

Who played keyboards in the Beatles?

What synth was used in the Beatles because? "Because" was one of few Beatles recordings to feature a Moog synthesiser, played by George Harrison. It appears in what Alan Pollack refers to as the "mini-bridge", and then again at the end of the song.

What was the name of the early sampling keyboard used by the Beatles? Pinder says he introduced John Lennon and Paul McCartney to the Mellotron, and convinced each of them to buy one. The Beatles hired a machine and used it on their single "Strawberry Fields Forever", recorded in various takes between November and December 1966.

Did the Beatles use Gretsch? The Beatles' George Harrison (above, center) bought his Gretsch Duo Jet from a sailor in 1961. Even though it was used, he was 'proud' of his 'first real American guitar. ' Another Gretsch practitioner was the late Malcolm Young of AC/DC (l.), whose White Falcon nearly eclipsed his 5-foot, 3-inch frame.

What were Paul McCartney's last words to Linda? “You're up on your beautiful Appaloosa stallion. It's a fine spring day, we're riding through the woods. The bluebells are all out and the sky is clear blue.” These were the last words that Paul McCartney said to his wife, Linda, before his hand slipped away from hers.

Can John Lennon play the piano? John Lennon played various guitars with the Beatles and during his solo career, most notably the Rickenbacker (four variants thereof) and Epiphone Casino, along with various Gibson and Fender guitars. His other instrument of choice was the piano, on which he also composed many songs.

Did George Harrison go to Linda McCartney's funeral? A similar memorial held two weeks ago in London brought together the three surviving Beatles - McCartney, Ringo Starr and George Harrison. They didn't attend this service at historic Riverside Church in Manhattan. The McCartneys announced in December 1995 that Linda McCartney had breast cancer.

Which Beatles played the most instruments? McCartney has played over 40 instruments, including harpsichord, harmonica, mandolin, cello, and ukulele.

Did any of the Beatles play guitar? There were not really any Pink Floyd style guitar solos in Beatles songs, which are known more for their stellar songwriting and craftsmanship. John, Paul, and George all qualify as strong musicians, and George was possibly better known for his guitar than the others, but none was a “star” guitar player.

Who is the richest beatle? Paul McCartney is the richest Beatle by far with an estimated net worth of a whopping \$1.2 billion.

Did any of the Beatles learn to read music? None of the Beatles could read music. They even refused to learn. Therefore, arrangements beyond the basic four-piece were supplied by George Martin, a graduate of the Guildhall School of Music.

Which Beatle was classically trained? After completing wartime service, Martin continued his musical education at the Guildhall School of Music in London at Sidney Harrison's behest (Martin, All You Need, 25). For three years, he studied classical music: conducting, orchestration, musical theory, harmony, counterpoint (Martin, All You Need, 27).

What song did the same piano play as Paul McCartney? According to Rolling Stone, Paul McCartney played the Bechstein piano at London's Trident Studios on “Hey Jude.” That piano has had quite a history! It was also used on Queen's “Bohemian Rhapsody,” Bowie's “Life on Mars?,” and Elton John's “Levon.” The two

bands used that piano in wildly different ways.

What kind of keyboard did Richard Wright use? He started using a Hammond organ regularly on stage alongside the Farfisa around 1970 and a grand piano became part of his usual live concert setup when "Echoes" was added to Pink Floyd's regular set list. All three keyboards are used in the concert film *Pink Floyd: Live at Pompeii*.

What keyboard did John Paul Jones play? On the final Led Zeppelin tours, John Paul Jones used the GX1 as his main keyboard. He would perform organ, clavinet, bass, and synthesizer parts with it. Although he called it "a joy" to replace the troublesome Mellotron, he later sold the GX1 to Keith Emerson as a spare.

What keyboard did the Monkees use? An early use of the Moog synthesizer in rock music came with the 1967 song by the Doors "Strange Days". In the same year, the Monkees used a Moog on their album *Pisces, Aquarius, Capricorn & Jones Ltd.*

What key is flying by the Beatles in? Flying is written in the key of C Major. According to the Theorytab database, it is the most common key in all of popular music.

Did Eddie Van Halen play keyboard? Van Halen also provided backing vocals for both David Lee Roth and Sammy Hagar, and occasionally played keyboards.

What keyboards did Prince use? Prince first used the Yamaha DX7 on *Purple Rain*, and he then used more digital synthesizers on subsequent albums, alongside the Oberheim OB series. Around *The World In A Day* saw the introduction of the Kurzweil K250 and *Ensoniq Mirage* and *Parade* saw the introduction of the Fairlight CMI.

What keyboard did Abba use? One of the two is now owned [1] by Pete Townshend of The Who. Benny Andersson of ABBA used a Yamaha GX-1 on several ABBA tracks as well as on tour.

Who played the keyboard for Led Zeppelin? John Paul Jones (born John Baldwin; 3 January 1946), is an English musician, songwriter, and record producer who was the bassist and keyboardist for the rock band Led Zeppelin. Prior to forming the band with Jimmy Page in 1968, he was a session musician and arranger.

Did Led Zeppelin use keyboards? John Paul Jones played keyboard for Led Zeppelin. He was the band's general factotum, the most versatile musician by far, and could play lead and bass guitar, keyboard, mandolin, recorder, and who knows what else.

Who played keyboard for Jimi Hendrix?

What keyboard did Gregg Allman play? Allman performed with a Hammond organ and guitar, and was recognized for his soulful voice. For his work in music, Allman was referred to as a Southern rock pioneer and received numerous awards, including one Grammy Award; he was inducted into the Rock and Roll Hall of Fame and the Georgia Music Hall of Fame.

What keyboard did Duran Duran use?

What keyboard did Steely Dan use? ARP 2800 Odyssey Rev1 Used "on the early Steely Dan records", as stated by Fagen in this August 2006 Sound on Sound interview. Donald Fagen's interest in the ins and outs of recording technology might...

What key did The Beatles sing in? The most common key for Beatles songs is the key of G major. I counted 36 songs in that key. The next most common is the key of C major with 30 songs.

What key is imagine in by John Lennon? The piece is in C major. Like so many great songs, 'Imagine' draws heavily on a I-IV-V harmonic structure (so the chords C, F and G). Lennon adds subtle harmonic touches that give the piece a beautiful mood of its own, underpinning his free-flowing melody.

What is the most common key for The Beatles? Among the various musical keys employed by The Beatles, G major emerges as the most frequently utilized, appearing in 14 tracks. These songs include: All Together Now. All You Need Is Love.

The Glass Palace: Summary and Analysis (Like Sparknotes)

Paragraph 1:

"The Glass Palace" by Amitav Ghosh is an epic novel that spans generations and continents. It follows the lives of three families: the Raj family in India, the Donnelly family in Burma (Myanmar), and the Glass family in Malaysia. The novel begins in Burma in the 1880s and follows the intertwining fates of these families through the events of the 20th century, including World War II and the Indian independence movement.

Paragraph 2:

Central to the story is the enigmatic figure of Rajkumar, a Burmese orphan who becomes a revolutionary and a spiritual leader. He leads a rebellion against British colonialism and inspires a national awakening. Rajkumar's path crosses with that of Dolly, an English woman who becomes a doctor and falls in love with him. Together, they face the challenges of war, separation, and cultural differences.

Paragraph 3:

The novel's title, "The Glass Palace," refers to a magnificent house built by a wealthy Burmese merchant in Rangoon (now Yangon). It becomes a symbol of both the opulence and fragility of the colonial era. The Glass Palace serves as a backdrop for the unfolding events, witnessing the rise and fall of empires and the transformation of nations.

Paragraph 4:

"The Glass Palace" is a complex and multi-layered work that explores themes of identity, colonialism, war, and the resilience of the human spirit. Ghosh's writing is characterized by its lyrical prose and vivid historical detail. The novel provides a thought-provoking exploration of the complexities and contradictions of the 20th century, both on a personal and societal level.

Paragraph 5:

Questions and Answers:

- **Who is the protagonist of "The Glass Palace"?** Rajkumar, the Burmese orphan.

- **What is the significance of the Glass Palace?** It symbolizes both the opulence and fragility of the colonial era.
- **What is the novel's main theme?** The multifaceted nature of identity and the resilience of the human spirit.
- **How does the novel explore the effects of war?** It depicts the horrors of conflict, as well as the strength and adaptability of those who experience it.
- **What is the overarching message of "The Glass Palace"?** That despite the challenges and divisions of history, the human spirit has the capacity for both great suffering and great resilience.

What is the most popular Thai curry dish? Green curry is considered the most popular curry. With coconut milk as one of the main ingredients, there is a hint of sweet flavoring as well. Because the green curry paste is made with green chilis, it is far hotter than other curries.

What is the most popular Thai food dish? 1. Pad Thai: Stir-fried noodles. An iconic Thai dish, Pad Thai is usually made with flat rice noodles, combined with seafood (or chicken or pork), egg, sauces and vegetables such as bean sprouts and shallots, served with a sprinkle of fresh herbs, chilli and roasted peanuts (optional).

What is the best Thai food for beginners? What to eat? Here are some popular suggestions: Kway Tio (noodle soup), Pad Thai Goong (Thai fried rice noodles with prawns), Pad Kapow Neua (stir-fried basil with beef), Pad See lew (noodles in soy sauce) and Kao Pad (fried rice with a choice of meat or seafood).

What are the four 4 categories basic Thai cuisine? Traditional Thai cuisine loosely falls into four categories: tom (boiled dishes), yam (spicy salads), tam (pounded foods), and kaeng (curries). Deep-frying, stir-frying and steaming are methods introduced from Chinese cuisine.

Which curry tastes best?

What Thai curry is best for beginners? Thai massaman Massaman is a great starter Thai curry, while some think it's a great Thai curry for kids. It's the perfect base for my Slow-Roasted Duck Massaman and pairs perfectly with the gamey flavour of the meat.

What is the hottest Thai dish? Gaeng Tai Pla, a fiery dish from Southern Thailand, has been crowned one of the spiciest Thai recipes. So if you're brave enough to try this curry and your waiter gives you an eyebrow-raising warning about its intensity – don't be alarmed! They are simply looking out for your well-being.

What are the top 10 dishes?

What are the 4 S of Thai food?

What is the least fattening Thai dish? Choose from a variety of lower-fat options such as garlic shrimp, hot-and-sour soup, chicken satay, stir-fried noodles, scallops, bamboo shoots, sautéed ginger chicken, Thai salad, tom yum, Pad Thai, and green or red curry with lower fat content.

What Thai food is good for picky eaters? Thai fried rice, known to the locals as Khao Pad, is one of the go-to dishes among Thai people. Fried rice is perfect for kids who shy away at the sight of lots of veggies on their plate. When you order fried rice, you will be able to ask for your own choice of meat.

What should beginners eat in Thai restaurants? You can order, one Thai curry, a soup, a stir-fry, and a salad. You can also order rice along with soups and curries. At times you may also order “over rice” or stir-fried with rice. You can also enjoy Thai fish sauce; shrimp paste or dried fish and squid.

What is the main seasoning in Thai food? Lemongrass, galangal, lime (rind and leaves), coriander leaves, sweet Thai basil leaves and garlic are used in one way or another in all Thai dishes. Other spices, including cardamom, nutmeg, cumin and coriander seeds are added to some pastes.

Which milk is the most used in Thai cooking? Coconut milk is used in most Thai curries and in some Thai soups such as Tom Kha. It adds the creamy taste and texture synonymous with Thai curries.

What is not polite at the table in Thailand?

What is the tastiest curry in the world?

What spice is most like curry? Garam masala, a traditional Indian spice blend, is perhaps the closest match for a curry powder substitute. While garam masala often contains many of the same spices as curry powder, it often features additional ingredients like mustard seed, cloves and peppercorn.

What makes curry taste better? Kick off your curry by heating whole spices in hot oil to unleash their flavor. Choose from cardamom, cinnamon, cloves, and seeds for the perfect base to your dish. Fresh spices are the best choice and will keep for longer in the freezer.

Which Thai curry tastes the best? 1. Green Curry. This Green Curry is one of the best Thai curries if you like hot, spicy food. It's creamy, fiery, and delicious, deriving its heat from a generous amount of green chilies.

Does Thai curry use coconut milk or coconut cream? Both coconut cream and milk are staples in Thai cuisine, often used as a base for soups and curries. Choosing the right coconut milk can make all the difference to your dish.

What is the secret to Thai curry? The secret to making amazing Thai curries is to use plenty of aromatics, like onion, ginger and garlic. Choose full-fat coconut milk for its richness (you won't regret it!). Stirring in just a little bit of rice vinegar and sugar adds tons of complexity.

What's the best Thai dish?

What curry is hottest Thai? Named after its vivid colour, Thai green curry contains an array of vegetables and coconut milk to cut through the spice. Made from young chillies, basil and coriander to give it its vibrant colour, the Thai Green Curry is considered the hottest, and is a fond favourite for those who adore Thai food.

What is hotter Indian or Thai? It all depends on the amount and variety of hot chillies used. Thai curries are generally hotter and spicier, while Indian curries can be milder or spicier depending on the recipe and the region. Protein sources. Indian curries often include pulses like lentils, chickpeas, or animal protein sources.

What is the most delicious dish ever made?

What is the most ordered dish?

What is the #1 Indian dish? Curry. Curry is one of India's most popular and well-known dishes. Tomato-based curries are known as the ultimate comfort food in India, and countries all over the world have adopted this opinion too.

What is the most popular curry dish?

What is Thai curry a popular dish from? Khao kaeng or khao rat kaeng, meaning "curry-on-rice", is a traditional type of fast food restaurant in Thailand which specialises in ready-made curries, and often several other dishes as well, served with rice. Their popularity in Bangkok as a place for a quick lunchtime meal is in decline.

Which is better, Thai red or green curry? The preference of Thai red curry or green curry depends on personal taste. Some people might prefer the spicier and bolder taste of red curry, while others might enjoy the more herbal and fragrant flavor of green curry. Both are delicious in their own ways, and it's worth trying both to see which one you like better.

What is the number one curry in the world? BANGKOK: Thailand's phanaeng curry has been ranked the best curry in the world, according to online guide TasteAtlas.

What is the king of all curries? Thai dishes have won over the hearts of foodies all over the world.

What is the #1 Indian dish? 1. Chicken Makhani (Butter Chicken) Butter chicken is mouth-watering, tender chicken, cooked in a spiced tomato sauce. It's traditionally cooked in a tandoor (a cylindrical clay or metal oven), but may be grilled, roasted or pan-fried in less authentic preparations.

What are the 7 different curry? A famed tradition Indo-Guyana is 7 curry. It is generally served in a water-lily leaf, and is rice with seven different curries, which are traditionally pumpkin, bagee (spinach), catahar, potato/ channa (chick peas), balange (eggplant), edoe, and dahl.

What is the best Thai curry dish?

What is the best curry to try first?

Is Thai curry junk food? For one, Thai meals often feature a good balance of macronutrients — protein, fats, and carbs. Curries, stir-fries, and soups are made with a variety of vegetables, include a protein source like tofu, lean meat, or seafood, and contain coconut milk, peanut sauces, or other fat.

What veggies go well in curry? The curry base is made with onions, tomatoes, ginger, garlic, red chilli powder and garam masala. I prefer to go with potatoes, carrots, peas, green beans, cauliflower, corn and bell peppers. Though you can use other veggies like baby corn, sweet potato and broccoli, the curry will have different flavors.

What Thai curry is healthiest? Green curry is a healthier version of Thailand's yellow curry. The green sauce is lower in calories and a great option for those looking to make diet-friendly substitutions to their favorite dishes. For additional benefits, order extra vegetables and a lean protein like chicken to complete the meal.

What color curry is best? Green curry is considered the most popular curry in Thai cuisine. The green color of Thai green curry sauce has become more vibrant over the years with the addition of fresh coriander (cilantro), makrut lime leaf and peel, and basil.

What is the tastiest curry?

Who make the best curry?

What country loves curry the most? India is the home of curry, and many Indian dishes are curry-based, prepared by adding different types of vegetables, lentils, or meats. The content of the curry and style of preparation vary by region.

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