

## ***Nutrition Chapter 1 Quiz***

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Nutrition Chapter 1 Quiz. STUDY. PLAY. A patient is on a 2,000-kcal diet but is meeting only 80 percent of his total energy need. Which of the following food items could provide adequate kcal for the remaining 20 percent? A. Food item A (20 grams of fat, 20 grams of carbohydrate, and 35 grams of protein)

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The first chapter of the nutrition covers only some of the basic things you should know and reminds you of why you choose this career path. How attentive were you about this first chapter? Test your answer out by answering the questions below. Remember to revise before the next chapter.

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### **Nutrition chapters 1 and 2 - Quibblo.com**

Nutrition 101 Chapter 1 Quiz Question 1 Which of the following is the leading nutrition-related cause of death in the United States? Select one: a. Heart disease b. Cancer c. Diabetes d. Pneumonia Feedback The correct answer is: Heart disease Question 2 Recent surveys indicate that the most commonly purchased foods in America are Select one: a. pizza, soft drinks, cheeseburgers, and French fries.

### **Nutrition Quizzes.docx - Nutrition 101 Chapter 1 Quiz ...**

Nutrition Chapter 1 Quiz The energy value of foods is measured in units commonly referred to as kilocalories Energy-containing essential nutrients that you need in higher amounts are macronutrients The science that studies how the nutrients and compounds in foods affect your body and health is called nutrition A sugar-pill that has no impact of the individual's health when ingested is an ...

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If there are 260 calories per serving, and a total of 5 servings in a product, we calculate the percentage of calories that come from protein (25g) for every serving of this product by taking...

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**Chapter 1 Quiz: Overview of Nutrition and Health ...**

Practice Quizzes. Chapter 6: Proteins and Amino Acids. 1: Amino acids contain the following elements EXCEPT : calcium. hydrogen. nitrogen. oxygen. 2: An indispensable amino acid is one that : cannot be passed from the mother to the fetus. is unlikely to be found in plant foods.

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© Illuminate Publishing Ltd AQA GCSE Food Preparation and Nutrition by Tull, Littlewood, Maitland, Worger 1.1.1 Protein Chapter 1: Nutrients 2-37

**1 Quiz: Protein - illuminate.digital**

1) promotes growth & maintenance 2) regulates body processes waters 3 functions/qualities 1) promotes growth & maintenance 2) supplies medium in which chemical changes occur 3) regulates body processes

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Nutrition Journals; Nutrition Links; Nutrition Science Animations; Answers to Study Questions; Practice Quizzes; Share Healthy Recipes; Web Links; Nutrition and Health Videos; Practice Quizzes. Chapter 5: Lipids. 1: This type of lipid is found in foods of both plant and animal origin and the body also makes them when it need to ...

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