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order to pass. In the actual

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**Level 3 Nutrition for
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101 mock questions into sections so you can clearly see which areas are your stronger and weaker areas of knowledge.

**Nutrition Practice Exam
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Using the Scholfield

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calculation shown above,
calculate the daily energy
requirement (kcal) for a 20
year old male who weighs
80kg and is very active.

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Course: Mock Exams

Active IQ AIQ002638 For each
of the following questions
choose one correct answer

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from A to D Q16. Fats are the dominant fuel for:

- A Low intensity cardiovascular exercise
- B Moderate intensity resistance exercise
- C High intensity cardiovascular exercise
- D High intensity resistance exercise

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exercise. Q17.

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There can be a lot of info to sift through when revising for your Level 3 Nutrition Exam, but how do

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you know what you need to revise in order to make sure you pass...? In this quick 2 minute video, I outline three things that you need to know about each of the three Macros in order to pass your level 3 nutrition

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bring the total up to 333.

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