

Nutrition Unit Test Answers

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Wellness and Nutrition Unit Grades 9-12

Basic nutrition pre/post-test. A healthy, balanced diet includes these three major nutrients (macronutrients): a. calories, fat, carbohydrate b. carbohydrate, protein, fat c. protein, fiber, fat d. calories, water, fiber e. I don't know; Which foods provide more of the essential nutrients that we're often lacking? a. fruit, vegetables, and ...

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**GRADES 4-5 • UNIT 1 – NUTRITION: HEALTHY BODIES,
HEALTHY MINDS GRADES 4-5 • INTRODUCTION 1111 Q:**

Why is it important to eat a variety of foods from each food group? A: Every food item has a different mix of types of nutrients and no one food contains all nutrients, so we have to eat a variety of foods to get all the nutrients.

**NUTRITION & YOUR BODY & THE IMPORTANCE OF
NUTRITION AND ...**

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This Test Is For 8th Graders For The End Of The Nutrition Unit

Wellness and Nutrition Unit Grades 9-12 NATIONAL HEALTH STANDARDS AND ELEMENTS Standard 1:

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.8.1 Analyze the relationship between healthy behaviors and personal health.

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www.bremencs.com

The Nutrition DNA Test provides insights into the ways your DNA may have an impact on how your body responds to food and nutrients. Discover which foods may be beneficial, what you should potentially avoid, and what might make you feel better. How might your genes impact weight loss and weight gain?

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Nutrition Final Exam (Chapters 1-3) Nutrition Final Exam (Chapters 1-3) ... it is a scientific unit of energy 1 kcal = 1 cal 1000 kcal = 1Cal = 1000 calories = 1Cal . macro vs. microminerals ... and to establish guidelines for nutrition labeling. NFP :

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test review using your notes, unit handouts and the book. You may write on the test review or use a separate sheet of paper to record your answers.

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Nutrition Unit Test Answers

- body's main fuel source - easily used by the body for energy - all tissues and cells in our body use glucose for energy - needed for kidney, CNS, the brain, and muscles to function properly

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In the unit on nutrition we looked at what makes up a great diet and what makes up a not-so-great diet. We will also learn about eating disorders, ways to improve our fast food or restaurant diets and about how much hidden sugar we consume on a daily basis. Remind yourself of all this by taking the quiz below.

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186 Nutrition Quizzes Online, Trivia, Questions & Answers ...

1. A. In addition to the above-mentioned foods, legumes (including broad beans, pinto beans, and soybeans) are good sources of antioxidant vitamins and a variety of phytonutrients that often act as antioxidants, protecting the cells of the body from the damaging effect of free radicals.

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... a unit of work that can be used to express energy intake and energy output. it is the amount of work required to move an object weighing 1 kilogram a distance of 1 meter under the force of gravity ... an educated guess made to ...

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