

## Nutrition Chapter 1 Quiz

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Nutrition Chapter 1 Quiz. STUDY. Flashcards. Learn. Write. Spell. Test. PLAY. Match. Gravity. Created by. looochh. Terms in this set (30) 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?

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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 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 example of a placebo If a study is done on lab animals, the results have absolutely no relevance to ...

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Test your knowledge with the Nutrition Chapter 1 quiz.

Quiz: Nutrition Chapter 1 | Easy Notecards

View Nutrition Chapter 1 quiz.docx from HLTH 640 at Liberty University. Question 1 1 out of 1 points The Recommended Dietary Allowance (RDA) for a nutrient meets the needs of about \_ of

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Nutrition is the food that people [Blank] and how their bodies [Blank] it. 2. Preventive approach is when healthcare providers minimize risk factors in advance.

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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

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your body and health

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\_\_ Jameisha Brimlett \_\_\_\_\_ Name HLSC 2300: NUTRITION Chapter 1 AN OVERVIEW OF NUTRITION How to be successful in the course: First, be sure to thoroughly read the vocabulary words posted in Blackboard and or the Flash Cards in MindTap to improve reading comprehension and to help study for your quizzes.

Chapter 1 Discussion Nutrition 5qs (1).doc - \_Jameisha ...

1) promotes growth & maintenance 2) regulates body processes: minerals 2 functions/qualities: 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: RDA: recommended dietary allowance: AI ...

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Chapter 1 Quiz Due Jun 1 at 11:59pm Points 100; Questions 10; Time Limit 20 Minutes Only registered, enrolled users can take graded quizzes Related Items ...

Chapter 1 Quiz: V20SU Intro to Nutrition (BIO-1030-VO01)

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