

Food & Nutrition Exam

1. The six main nutrients we require in our diet are:
 - a. Fat, water, carbohydrates, fibre, cholesterol, minerals
 - b. Fat, water, fibre, cholesterol, minerals, protein
 - c. Fat, water, protein, fibre, minerals, cholesterol
 - d. Fat, water, protein, carbohydrates, vitamins, minerals
2. The main function of carbohydrates is to provide:
 - a. Energy
 - b. Flavour
 - c. Cholesterol
 - d. Protein
3. The main function of fats are to:
 - a. Eliminate waste products
 - b. Build & repair body tissue
 - c. Supply energy, maintain healthy skin
 - d. Maintain body temperature
4. Two types of fibre are:
 - a. Solvent and insolvent
 - b. Soluble and insoluble
 - c. Fatty and acidic
 - d. Fibrous and non-fibrous
5. Saturated fats are found in:
 - a. Dairy products
 - b. Tropical oils
 - c. Meat
 - d. All of the above
6. Proteins are used mainly to:
 - a. Grow & repair damaged parts
 - b. Help maintain good health
 - c. Regulate body process
 - d. All of the above
7. Proteins are mainly found in:
 - a. Meat, poultry, fish
 - b. Plants, beans, grains
 - c. Dairy
 - d. Vegetables

Nutrition Unit Test Answers

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Table of Contents Nutrition Unit Test Answers

1. Understanding the eBook Nutrition Unit Test Answers
 - The Rise of Digital Reading Nutrition Unit Test Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Nutrition Unit Test Answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nutrition Unit Test Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrition Unit Test Answers
 - Personalized Recommendations
 - Nutrition Unit Test Answers User Reviews and Ratings

- Nutrition Unit Test Answers and Bestseller Lists
- 5. Accessing Nutrition Unit Test Answers Free and Paid eBooks
 - Nutrition Unit Test Answers Public Domain eBooks
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 - Nutrition Unit Test Answers Budget-Friendly Options
- 6. Navigating Nutrition Unit Test Answers eBook Formats
 - ePub, PDF, MOBI, and More
 - Nutrition Unit Test Answers Compatibility with Devices
 - Nutrition Unit Test Answers Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nutrition Unit Test Answers
 - Highlighting and Note-Taking Nutrition Unit Test Answers
 - Interactive Elements Nutrition Unit Test Answers
- 8. Staying Engaged with Nutrition Unit Test Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nutrition Unit Test Answers
- 9. Balancing eBooks and Physical Books Nutrition Unit Test Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nutrition Unit Test Answers
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nutrition Unit Test Answers
 - Setting Reading Goals Nutrition Unit Test Answers
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nutrition Unit Test Answers
 - Fact-Checking eBook Content of Nutrition Unit Test Answers
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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