

### 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

**S Baum**



## **Nutrition Unit Test Answers:**

This book delves into Nutrition Unit Test Answers. Nutrition Unit Test Answers is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Nutrition Unit Test Answers, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Nutrition Unit Test Answers
- Chapter 2: Essential Elements of Nutrition Unit Test Answers
- Chapter 3: Nutrition Unit Test Answers in Everyday Life
- Chapter 4: Nutrition Unit Test Answers in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Nutrition Unit Test Answers. This chapter will explore what Nutrition Unit Test Answers is, why Nutrition Unit Test Answers is vital, and how to effectively learn about Nutrition Unit Test Answers.

3. In chapter 2, the author will delve into the foundational concepts of Nutrition Unit Test Answers. The second chapter will elucidate the essential principles that must be understood to grasp Nutrition Unit Test Answers in its entirety.

4. In chapter 3, this book will examine the practical applications of Nutrition Unit Test Answers in daily life. This chapter will showcase real-world examples of how Nutrition Unit Test Answers can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Nutrition Unit Test Answers in specific contexts. This chapter will explore how Nutrition Unit Test Answers is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, this book will draw a conclusion about Nutrition Unit Test Answers. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Nutrition Unit Test Answers.

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