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Nutrition

Questions And  
Answers

# Basic Nutrition Questions And Answers

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## **Basic Nutrition Questions And Answers**

Question #1. Name the six basic nutrient categories. Answer:

There are six nutrition categories that we need to consider when looking at a healthy lifestyle. Each of these categories has a unique and important role to play in your total health. Protein... Carbohydrates... Fats...

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## Questions And Answers

Vitamins... Minerals...

### **Basic Nutrition Quiz Answers - Healthy Eating**

If you love nutrition, health, and fitness — or you're already a professional in one of these fields — you probably get a LOT of diet- and nutrition-related questions from friends, family, clients, and/or patients. That's why we created this cheat sheet, with

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Questions And Answers  
evidence-based, easy-to-understand answers to the most common questions, all of which are covered in our newly updated Precision ...

## **How to answer the most common nutrition questions like a ...**

Correct Answer: Avoid fish with high mercury content. Four kinds of fish -- tilefish, shark, swordfish, and king

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## Questions And

mackerel -- have relatively high mercury content and should be eaten only occasionally.

### **Nutrition Quiz: Dietary Guidelines, Proteins, Fats, Grains ...**

Basic Nutrition Quiz.

Basic Nutrition Quiz.

Question #1. Name the six basic nutrient categories.

Question

#2. Name the 3

nutrient categories that

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provide calories.

Question #3. What are the five food groups found on the USDA MyPlate? Question #4. Name 3 goals of a healthy eating plan? Question #5.

## **Basic Nutrition Quiz - healthy-eating-support.org**

TOP 50+ Food & Nutrition Multiple choice Questions and Answers: Question 1: What are the 7



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elements of nutrition?,  
Question 2: What are the careers in food and nutrition?, Question 3: Are nutritionists in high demand?

### **Food & Nutrition Multiple choice Questions & Answers**

Do You Really Know About Basic Nutrition?  
14 Questions | By Dthams | Last updated: Sep 6, 2018 | Total Attempts: 6472190

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Questions All questions  
Answers 5 questions 6  
questions 7 questions  
8 questions 9  
questions 10 questions  
11 questions 12  
questions 13 questions  
14 questions

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Nutrition Questions and Answers Test your understanding with practice problems and

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step-by-step solutions.  
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## **Nutrition Questions and Answers | Study.com**

Good nutrition is the cornerstone of healthy aging. Yet as we age, dietary requirements change. WebMD provides questions to ask your doctor about nutrients your nutritional needs.

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## Questions And Answers **Nutrition and Aging: 10 Questions to Ask Your Doctor**

34 Questions Show answers. Question 1 . SURVEY . 30 seconds . Q. What are the 2 types of carbohydrates? answer choices . Simple and Complex. ... Nutrition . 3.2k plays . 14 Qs . Healthy Snacks . 2.4k plays . Why show ads? Report Ad. BACK TO EDMODO. Quizzes you may like . 10 Qs .

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Questions And Answers  
Eating Disorders . 1.7k plays . 10 Qs .

## **6 Essential Nutrients | Nutrition Quiz - Quizizz**

Food and Nutrition Question and Answer. More Topics. General Questions Inventions and Discoveries Sound Wave Metals and Non-metals Plants Food and Nutrition Heat and Temperature Soil Science Motion and Time Light

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Microorganisms

Reproduction Force  
and Pressure Friction

Atomic Structure

Astronomy Water

Agriculture Magnetism

Body Movements ...

## **Food and Nutrition multiple choice questions and answers ...**

Nutrition Decathlon

Tool Kit 37 Nutrition

Trivia Easy 1. You

should you eat fruits

and vegetables

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## Questions And Answers

because A. They contain fiber, which helps keep your digestive system healthy. B. They give you energy. C. They contain vitamins and minerals that help you stay healthy. D. All of the above

2. Protein is needed to build muscles and help you digest ...

### **Questions**

Introduction to

Nutrition Chapter Exam

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Questions And Answers

Instructions. Choose your answers to the questions and click 'Next' to see the next set of questions. You can skip questions if you would like and come back ...

## **Introduction to Nutrition - Practice Test Questions ...**

250+ Nutrition Interview Questions and Answers,  
Question1: Should teenagers take a



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Questions And Answers

vitamin supplement to meet their energy level up? Question2: What proportion of meal is best for a teenager? 3 large meals over a day or a 6 small meals a day? Question3: Explain what is BMR? Question4: What should be a daily diet for a patient with Type 1 diabetes?

**TOP 250+ Nutrition Interview Questions and Answers 10 ...**

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Questions related to Human food are often asked in general knowledge and everyday science related written exams as well as interviews which makes preparing for them extremely important. Human Food and Nutrition Quiz Online Mcqs Questions and Answers

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Answers

Nutrition-based questions for kids should start with the basics. Essentially humans need protein for growth and fats and carbohydrates for energy. They need nutrients and water as well as foods that contain certain minerals and compounds that include essential amino acids and vitamins.

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## Questions And Answers **Nutrition Questions for Kids | Hello Motherhood**

Premier Health providers answer frequently asked questions about nutrition. Are there certain ages at which a body's metabolism slows down? Are there common areas of weight gain in men's and women's bodies as they age? Can caffeine be consumed safely? Can drastic, quick

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## Questions And Answers

weight loss have a negative effect on my health? Does it matter how often you eat fish?

### **Food and Nutrition - Nutrition FAQ | Premier Health**

In Exam Mode: All questions are shown, but the results, answers, and rationales (if any) will only be given after you've finished the quiz. Nutrition NCLEX Practice Quiz (10

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Questions And Answers  
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## **Nutrition NCLEX Practice Quiz (10 items) - Nurseslabs**

LESSON 2, ACTIVITY 2:  
NUTRITION QUESTION  
CARDS Carbohydrates

What food provides  
fuel/energy for

exercise? Answer:

CARBOHYDRATES

Carbohydrates What is  
added to tacos,  
burritos, and soups  
that is high in fiber?

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Questions And  
Answers  
Answer: BLACK OR RED  
BEANS, LENTILS

Protein How many  
ounces of chicken,  
hamburger, or fish is in  
a serving? Answer: 3  
OUNCES

Carbohydrates

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