

# Nutrition midterm Exam Chapters

## 1-7 Practice Question Answers

Which of the following best defines nutrition?

- a) A science that includes everything about food.
- b) A science that tells you how to eat.
- c) A science that older than other sciences.
- d) A science that pertains primarily to the American diet.

Answer: a)

Nutrition contributes to Wellness. Which of the following describes how nutrition can contribute to wellness?

- a) Providing energy for physical activity and brain function.
- b) Preventing and treating specific chronic illness.
- c) Providing an opportunity for social interaction.
- d) All of the above are ways that nutrition can contribute to wellness.

Answer: d)

According to the United States Department of Agriculture Food Database a large hard boiled egg provides 60 Calories and 6 grams of protein. How many Calories are coming from protein?

- a) 60 Calories
- b) 54 Calories
- c) 6 Calories
- d) 24 Calories

Answer: (d) The USDA is a good source of nutrient information. The macronutrient protein provides 4 Calories per gram.  $6\text{ grams} \times 4\text{ Calories/gram} = \underline{\hspace{2cm}}\text{Calories}$ .  $6\text{ grams} \times 4\text{ Calories/gram} = 24\text{ Calories from Protein}$

Which of the following is the term used to identify nutrients that are required in relatively small amounts?

- a) Macronutrients
- b) Micronutrients
- c) Trace nutrients
- d) Organic nutrients

Answer: b)

Water is an important nutrient. Which of the following is a function of water in the body?

- a) Transport of nutrients
- b) Regulation of nerve impulses
- c) Regulation of body temperature
- d) All of the above are functions of water in the body

Answer: d)

# Chapters 1 6 Midterm Mastery Test

**RD Boyd**



**Chapters 1 6 Midterm Mastery Test:**

## Decoding **Chapters 1 6 Midterm Mastery Test**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Chapters 1 6 Midterm Mastery Test**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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