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**Multiple Choice Questions and Answers**

**50 REAL TIME FOOD NUTRITION MULTIPLE CHOICE  
QUESTIONS AND ANSWERS**

### **FOOD NUTRITION Multiple Choice Questions and Answers :-**

1. A substance needed by the body for growth, energy, repair and maintenance is called a \_\_\_\_\_.

- A: nutrient
- B: carbohydrate
- C: calorie
- D: fatty acid

Ans: A

2. All of the following are nutrients found in food except \_\_\_\_\_.

- A: plasma
- B: proteins
- C: carbohydrates
- D: vitamins

Ans: A

3. A diet high in saturated fats can be linked to which of the following?

- A: kidney failure
- B: bulimia
- C: anorexia
- D: cardiovascular disease

Ans: D

# Food And Nutrition Multiple Choice Questions

**Fredrica Rudell**



## **Food And Nutrition Multiple Choice Questions:**

Multiple Choice Questions in Food and Nutrition Owen Frederick George Kilgour, 1976      Food Nutrition And dietetics: Part- B Dr. Bipin Kumar Mishra, 2025-08-07 This textbook has been carefully developed for students pursuing Food Nutrition and Dietetics at the Class 11 level under the CBSE vocational curriculum Aligned with the National Skills Qualifications Framework NSQF it introduces core concepts in a simplified and student friendly manner The book covers topics such as nutrition basics food groups balanced diets nutritional requirements meal planning and food hygiene Chapters are supported by illustrations exercises and activities that help students connect theory with everyday life and lay the groundwork for advanced topics in Class 12 It promotes critical thinking healthy food practices and practical skills in the field of food and nutrition The textbook aligns with the CBSE Class 11 vocational syllabus Code 834 uses simple language to introduce essential concepts and emphasizes skill building and application based learning Through diagrams real life examples and activities it encourages healthy food habits scientific awareness and forms a strong foundation for further studies      **CBSE Class 12 - Food Nutrition and Dietetics - 10 Sample Papers** Mocktime Publication, CBSE Sample Papers Class 12 Food Nutrition and Dietetics      **Food, Nutrition and Hygiene - According to NEP-2020 R.** Bansal, 2021-10-19 The book Food Nutrition and Hygiene has been written in accordance with the latest syllabus prescribed for different universities that have adopted the common unified syllabus under the National Education Policy 2020 The most important thing that the Covid 19 pandemic taught us is that health is the real wealth The pandemic was crucial in making us understand the importance of having good health When everything else fails we only have our health to depend on Having the basic knowledge of food and nutrition is absolutely essential in today's world Studying a food science and nutrition course will provide students with an understanding of trends and how to distinguish fact from fiction as we become more health conscious After studying this subject the student would be able to fully understand the concept of Food and Nutrition He or she would gain awareness regarding the common health issues in the society and will have clarity on the special requirements of food during an illness      **Journal of Food & Nutrition**, 1983      *Food Nutrition and Dietetics CBSE/ISC CLASS-XII Part-B* Dr. Bipin Kumar Mishra, 2025-10-13      **FOOD, NUTRITION AND HYGIENE** Dr. Mridula Gautam, Dr. Sunita Tripathi, 2024-06-01 Purchase e Book of FOOD NUTRITION AND HYGIENE of B A 1st Semester for all UP State Universities Common Minimum Syllabus as per NEP Published By Thakur Publication      Directory of Food and Nutrition Information Services and Resources Robyn C. Frank, 1984 Directory intended to assist nutritionists and other interested professionals as to sources of food and nutrition information Emphasis is on management education food science and related aspects of applied nutrition Arranged under nine chapters dealing with such topics as databases reference materials and organization and agencies Each entry gives description Subject geographical organization and program indexes      **FAO Food and Nutrition Paper**, 1996      **Database of Food and Nutrition Software and Multimedia Programs**, 1996

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The Top Books of the Year Food And Nutrition Multiple Choice Questions The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have enthralled audiences this year. Food And Nutrition Multiple Choice Questions : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Food And Nutrition Multiple Choice Questions : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Food And Nutrition Multiple Choice Questions : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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