

## Nutrition - Vitamins & Minerals Answer Key

1. Vitamins are considered non-organic nutrients.
  - a. True
  - b. False**
2. Vitamin C deficiency in children causes rickets, a disease in which the bones are weak and deformed.
  - a. True
  - b. False**
3. What is the chemical substance obtained from food and used in the body to provide energy, structural material, and regulating agents to support growth, maintenance, and repair of the body's tissues?
  - a. food
  - b. vitamin
  - c. nutrient**
  - d. mineral
4. Which vitamin helps in the production of red blood cells and supplies oxygen to cells?
  - a. iron**
  - b. protein
  - c. copper
  - d. calcium
5. What are the best sources of calcium in the American Diet?
  - a. ice cream & cake
  - b. apples & oranges
  - c. milk & dairy products**
  - d. bread & pasta
6. Which micro-nutrient is not manufactured by living things?
  - a. Vitamins
  - b. Carbohydrates
  - c. Minerals**
  - d. Fats
7. Select the nutrient that best applies to the description. This nutrient helps regulate chemical reactions within the body. There are two types of this nutrient, macro and trace. What is the nutrient?
  - a. Minerals**
  - b. Vitamins
  - c. Water
  - d. Fats
8. Which of the following has the highest sodium content?
  - a. Fresh fruits and vegetables.
  - b. Lunchmeats, processed cheeses and canned soup.**
  - c. Mild, roast beef sandwich.
  - d. Tossed salad with vinegar and oil dressing.

# Good Nutrition Summary And Vocabulary Answer Key

**Food and Nutrition Information and  
Educational Materials Center (U.S.)**



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**Health and Nutrition** Mr. Rohit Manglik, 2023-12-23 Role of diet wellness and public health in personal and community development

**Food and Nutrition Information and Educational Materials Center catalog** Food and Nutrition Information Center (U.S.), 1976

**Lippincott Review for NCLEX-PN** Barbara K. Timby, Diana L. Rupert, 2017-01-26

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Nutrition-related Oversight Review United States. Congress. House. Committee on Science and Technology.

Subcommittee on Domestic and International Scientific Planning, Analysis, and Cooperation, 1977 *Planet Health* Jill Carter, 2007 The second edition of *Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity* offers an innovative approach to teaching health education. You can use this proven evidence-based curriculum to teach students about nutrition and physical activity while helping them build skills and competencies in language arts, math, science, social studies, and physical education. The curriculum is designed for use by teachers in core academic areas as well as in physical education and health. This new edition includes revised nutrition and physical activity information ensuring that you're equipped with the most up-to-date science. The book also includes an all-new CD-ROM with plenty of reproducible worksheets, parent information, and newsletters, school health resources, and other teacher resource materials. Like the popular first edition, *Planet Health* provides 35 complete, ready-to-use lesson plans and 31 microunits that promote healthy nutrition and activity materials and instructions to implement *Power Down*, a two-week campaign to reduce television and other media viewing time which you can launch in the classroom or school-wide, and *FitCheck*, a self-assessment tool to help students track and improve their activity levels. In addition, the book includes access to a Web site which features a teacher training PowerPoint presentation, a *Planet Health* FAQ, and more. *Planet Health: Second Edition* encourages students to think holistically about how health behaviors are interrelated and it offers a constructivist approach to teaching and learning. With this approach, you can build on your students' knowledge and experiences to create an active inquiry-based, student-centered learning environment, one in which students learn best as they construct meaning for themselves. Developed by educators and scientists at the Harvard School of Public Health, *Planet Health: Second Edition* is aligned with the Massachusetts Department of Education Curriculum Frameworks, learning standards for health, language arts, math, science, and technology, and history and social science, and it meets the standards in many other states. Every *Planet Health* lesson incorporates a range of language arts learning standards and engages students through discussion ideas for small or large groups in which they cooperatively learn and solve health-related issues. Active discussions are used to encourage higher-level thinking and cognition, and peer group work fosters social development. This new edition of *Planet Health* is the perfect antidote to kids' inactivity, poor food choices, and high levels of screen viewing time. Acquiring good habits regarding nutrition and physical activity in adolescence often carries over into adulthood. Help your students develop good habits now with *Planet Health: Second Edition*, and they'll have a better chance of growing into healthy adults.

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**Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office,1975

**Practical Applications In Sports Nutrition - BOOK ALONE** Heather Fink,Alan Mikesky,Lisa Burgoon,2011-07-26 Practical Applications in Sports Nutrition Third Edition provides students and practitioners with the latest sports nutrition information and dietary practices so they can assist athletes and fitness

enthusiasts in achieving their personal performance goals This text not only provides the most current sports nutrition guidelines and research but also includes the tools and guidance necessary to most appropriately apply the information in the real world It demonstrates effective ways to communicate sports nutrition messages to athletes and how to motivate individuals to make permanent behavior change Early chapters provide an introduction to sports nutrition and give a thorough explanation of macronutrients micronutrients and water and their relation to athletic performance Later chapters focus on the practical and applied aspects of sports nutrition including behavior change through consultations and weight management Chapter 15 targets the unique nutrition requirements of special populations such as athletes who are pregnant vegetarian or have chronic diseases The text concludes with a chapter dedicated to helping readers discover the pathway to becoming a sports dietitian through education and experience      CliffsNotes GMAT with CD-ROM BTPS Testing,2012-11-19

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