

## Nutrition Test Question With Answer

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### Food and Nutrition Pop Quiz

Food and Nutrition Quiz Click the answer button to see the answer. One of the following does not belong in this food group: a. banana b. beef c. peach d. nectarine e. prune. The food group in question #1 is: a. Meat, Poultry, Fish, Beans, Eggs, and Nuts Group b. Fats, Oils and Sweets Group c. Fruit Group d. Bread, Cereal, Rice and Pasta Group e ...

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

NUTRI-QUIZ QUESTIONS 1. It makes up most of your blood and help carry oxygen and food to the cells in your body. It helps your body get rid of wastes through urine and sweat. Answer: Water 2. What food nutrient is our body's main source of energy? Answer: Carbohydrates 3. They are very important for...

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The typical American eat less than 20% of the amount of vegetables recommended in updated dietary guidelines released by the U.S. Department of Agriculture and the U.S. Department of Health and ...

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

The answer to this question is A. If you are already an adult, you can expect that your body will be composed of 50 to 65% water. This explains why there are a lot of people who would like to get rid of their water weight. They usually feel that this will allow them to feel lighter. Infants usually have more water weight.

### Nutrition Questions and Answers | Study.com

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### Food and Nutrition Quiz (Catherine Rifkin) I-TESL-J

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