

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. $6 \text{ grams} \times 4 \text{ Calories/gram} = \underline{\hspace{2cm}}$ 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

Dianna L. Van Blerkom



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Test Bank Kathleen T. McWhorter, 2003-05 **Mastery Through Quizzing** Stan Skrabut, 2025-03-24 Clear your desks You have a quiz Few phrases spark more anxiety in students The tension the stomach knots the panicked glances around the room We've all been there But what if quizzing wasn't something to dread What if it became the key to deeper learning greater confidence and real mastery instead Mastery Through Quizzing isn't just about testing knowledge but transforming how we learn Whether you're an educator administrator or instructional designer this book will show you how to turn low stakes assessments into powerful tools for engagement retention and long term success Discover how to Shift from high pressure exams to a growth focused quizzing strategy that reduces anxiety and boosts confidence Design questions that drive critical thinking not just memorization Leverage technology and test banks to make quizzes more effective and scalable Implement a step by step Mastery Quizzing Strategy to help students achieve real understanding Unlike traditional assessments that measure what students don't know mastery quizzing helps them build knowledge step by step reinforcing what they know and guiding them forward With decades of experience in instructional technology and education I've seen firsthand how this method can transform classrooms I'm sharing the approach to help you move beyond outdated testing models and create a learning experience that works It's time to rethink quizzing Let's turn it from a source of stress into a stepping stone for mastery Scroll up and grab your copy today *Beginning and Intermediate Algebra* James Streeter, Donald Hutchison, Streeter James, Hutchison Donald, Barry Bergman, Stefan Baratto, 2004 *Resources in Education*, 1980 **Organic Chemistry Education Research into Practice** Jay Wackerly, Sarah Zingales, Michael Wentzel, Gautam Bhattacharyya, Brett McCollum, 2025-03-25 This Research Topic has three main goals 1 provide a platform for instructors of organic chemistry to showcase evidence based methods and educational theories they have utilized in their classrooms 2 build new and strengthen existing connections between educational researchers and practitioners and 3 highlight how people have used chemical education based research in their teaching practice There are places in the literature dedicated for chemical education research CER however there is not a clear avenue for those that have changed their teaching methods based on published CER and report their experiences Creating this article collection will foster collaboration between chemical education researchers and teachers of organic chemistry This opportunity allows these instructors to share evidence based practices experiences challenges and innovative approaches from CER literature and beyond This Research Topic bridges discipline based education research and the scholarship of teaching and learning which will help advance organic chemistry education and improve student outcomes *Economics by Design* Robert A. Collinge, Ayers, 1997 *Handbook for Teaching Introductory Psychology* Ludy T. Benjamin, Robert S. Daniel, Charles L. Brewer, Michelle Rae Hebl, Richard A. Griggs, 1985 This comprehensive volume is an essential resource for instructors of beginning courses in psychology Reflecting the wisdom and creativity of many teachers of introductory psychology who contributed their ideas to

the journal *Teaching of Psychology* the articles discuss a variety of issues and approaches as well as provide a large number of suggestions for classroom and extra classroom activities and demonstrations *Educational Research* 8th Borg, 8th, Walter R. Borg, Gall, 1989 *Ri Im Develop Critical Reading Skills* SPEARS, 2002-08 *Teacher's Handbook* Judith L. Shrum, Eileen W. Glisan, 2000 *Teacher's Handbook* emphasizes real world practice by presenting a concise theoretical review followed by provocative case studies that ask new and experienced instructors to judge for themselves how best to acquire ESL and foreign language proficiency Appropriate for secondary and college instructors *Teacher's Handbook* also includes extensive appendices covering professional organizations publications and performance standards for language teachers and students This new edition includes a text specific web site that contains video case studies a bulletin board and useful links to a variety of professional organizations and mailing lists [Resources in Education](#), 1995 **Classroom Assessment** Catherine S. Taylor, Susan Bobbitt Nolen, 2005 For Classroom Assessment and Test and Measurement courses in Education Departments This exceptionally lucid and practical new assessment text provides a wealth of powerful concrete examples that help students to understand assessment concepts and to effectively use assessment to support learning The book offers unique coverage of ways to use assessment to support student learning across the developmental span from Kindergarten through high school The book also provides more coverage than any other classroom assessment text of how to adapt assessment to the needs of students with disabilities and students whose first language is not English *Research in Education*, 1971 **College Study Skills** Dianna L. Van Blerkom, 2000 This comprehensive text workbook focuses on getting students actively involved in the learning process and in learning how to learn Rather than presenting one prescriptive approach students take a learning style inventory and are then exposed to strategies that complement their personal learning styles **Gregg Typing, 191 Series: Office production typing** John L. Rowe, Allan C. Lloyd, Fred E. Winger, 1962 *Economics Today, the Macro View* Roger LeRoy Miller, 1979 **Ace your Midterms & Finals: Fundamentals of Mathematics** Alan Axelrod, Walton Rawls, Harry Oster, James Holtje, 1999-06-17 ACE Your Midterms and Finals A new concept in test prep for a new generation of students These class tested guides feature Midterms and final examinations one from each of the top universities throughout the country An introductory essay defining the nature and scope of the course including its goals and what instructors expect students to learn A step by step guide to writing the essay and fully explained answers to essay questions complete with discussion and notes from the professor **EPIE Materials Report**, 1977 *EPIE Materials Report* EPIE Institute, 1977 **Modern Educational Measurement** W. James Popham, 2000 This time honored work provides the most useful tools for accurate assessment of students and how well the goals of curricula are met in this thorough re orientation of Modern Educational Measurement Overhauled to approach the topic from the perspective of the people in the trenches who must master the uses and abuses of testing methods and assessment instruments this book offers timely well documented and extremely practical information on this important

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