

EAT RIGHT PREP QUESTIONS AND ANSWERS

If the CHO content of the diet is insufficient to meet the body's needs for energy, which of the following can be converted to glucose? - Answers-Amino Acids
- They produce glucose to keep brain cells alive

Which type of body composition machine determines body density by measuring the amount of displaced air? - Answers-Bod Pod

When baking muffins, which of the following is most likely to have a deeper brown crust? - Answers-Muffin made with baking soda and solid sugar
- Maillard reaction most likely to occur in the presence of an alkali environment
- Baking soda contains acid, so it would be best to use baking powder

If a researcher creates a questionnaire so that extra emphasis is placed on certain questions, what type of errors likely will affect the findings? - Answers-Measurement errors

If the dietetics professional presents new information to an adult orally, about how much of what is heard will be remembered after 2 weeks? - Answers-20%

People remember:

- 10% of what they read
- 20% of what they hear
- 30% of what they see
- 50% of what they hear and see
- 70% of what they themselves say
- 90% of what they themselves say and do

Learning settings that involve role play or simulation are remembered ____% of the time
- Answers-90

Kinesthetic - Answers-Touching, feeling, and experiencing the material at hand

Consonance - Answers-Consonance is the fit between the program and the expected outcomes based on the objectives.

Function of Vitamin C - Answers-Helps keep gums healthy, heal cuts and wounds, and protect from bruising

Function of Thiamin - Answers-Maintain mental function and help regulate metabolism

Function of Magnesium - Answers-Signals muscles to relax and contract, may maintain immune response and promotes normal blood pressure

Food And Nutrition Study Guide Answers

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