
HUMAN NUTRITION STUDY GUIDE 2025/2026 QUESTIONS AND ANSWERS RATED A+

✓✓What is a kcal? - ✓✓The amount of heat energy it takes to raise the temperature of 1000 grams (1 liter) of water

✓✓Calculate the calories:

1 grilled chicken sandwich

46 grams- Carbohydrates

14 grams- Fats

45 grams- Protein

0 grams- Alcohol - ✓✓Answer: 490 kcal

✓✓Calculate the calories:

8-ounce pina colada

57 grams- Carbohydrates

5 grams- Fats

1 gram- Protein

23 grams- Alcohol - ✓✓Answer: 438 kcal

✓✓Calculate the calories:

2 Tbsp of chunky peanut butter

15 grams- Fats

8 grams- Carbohydrates

7 grams- Proteins - ✓✓Answer: 195 kcal

✓✓What are some important factors when determining food choices? - ✓✓- Flavor

- Texture

- Appearance

✓✓What are early influences? - ✓✓What we were introduced to as a child, various people, places, and events

✓✓What is hunger? - ✓✓Primarily our physical, biological drive to eat and is controlled by internal body mechanisms

✓✓What is appetite? - ✓✓Primarily our psychological drive to eat, and is affected by many of the external food choice mechanisms such as environmental and psychological factors and social cues

Human Nutrition Study Guide

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