

The book cover features a close-up photograph of a green snake coiled around a red bell pepper. The snake's head is visible, and its body is wrapped around the pepper. The lighting is warm, highlighting the textures of the snake's scales and the smooth surface of the pepper.

*Introduction
to Nutrition,
Exercise,
and Health*

4th edition

*Frank I. Katch
William D. McArdle*

Foods Study Guide And Student Workbook

**Canada. Dept. of Labour. Technical
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