

Milady Esthetics Chapter 9 test review

Questions with correct answers

Nutrition - ANSWER-All bodily functions, including the building of tissues, are directly linked to:

Age, sex, weight, physical activity, body type - ANSWER-Nutritional needs depend on various factors such as:

Nutrients, calories - ANSWER-To safeguard against being overweight, you should choose foods that are high in _____ but low in _____

Macronutrients - ANSWER-The basic building blocks necessary for bodily functions, including the functioning of the skin

Proteins - ANSWER-Chains of amino acid molecules that are used by every cell of the body to make other usable proteins.

USDA's MyPlate - ANSWER-A recommended guideline for food groups that individuals should consume daily and can be personalized based on an individual's need

11 - ANSWER-This many of the 20 amino acids are called **NONESSENTIAL AMINO ACIDS** because they can be synthesized by the body

Complementary foods - ANSWER-Combinations of two incomplete proteins that, together, provide all the essential amino acids and make a complete protein

Glucose - ANSWER-The most important carbohydrate that provides the majority of the body's energy

Glycosaminoglycans - ANSWER-Water-binding substance between the fibers of the dermis

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Ian Pickup



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