

FCS 102 - Koch

Chapters 1-3

50 multiple choice questions @ 2pts each= 100 points

**Unit 1 Exam Study Guide 2024**

1. What are the six main categories of nutrients?  
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\_\_\_\_\_
- a. Discuss the different ways to group nutrients.  
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\_\_\_\_\_
- b. List the main roles of each macronutrient in the body.  
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\_\_\_\_\_
2. "Certified organic" foods vs "organic" nutrients (definitions- what is the difference?)  
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\_\_\_\_\_
3. Define phytochemicals, micronutrients, functional foods and organic foods.  
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\_\_\_\_\_
4. What is the name for the chemical energy our body derives from foods?  
\_\_\_\_\_  
\_\_\_\_\_
5. What is a caloric?  
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\_\_\_\_\_
- a. Describe the energy contribution (per gram) of each of the macronutrients.  
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\_\_\_\_\_
- b. How are calories and ATP related?  
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\_\_\_\_\_
6. Be able to determine how many calories are contributed by a meal as a whole or its individual macronutrients, given grams of each macronutrient provided. Be able to describe the relative percentage contribution of each macronutrient in a food item, given grams or calories provided by each macronutrient.  
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# Fcs Composite Exam Study Guide

**Y Pai**



## **Fcs Composite Exam Study Guide:**

## Reviewing **Fcs Composite Exam Study Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Fcs Composite Exam Study Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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