

Nutrition Questions

1. What are the four basic food groups?
2. What is protein used for?
3. What are Carbohydrates? What kinds are there? Give examples.
4. What is a calorie?
5. What are the two Vitamin groups?
6. Name all the Vitamins.
7. How many calories equal a pound of body weight?
8. What are the five qualitative nutritional categories?
9. How many calories per gram is protein? Fat?
10. How many servings of each food group should you have daily?
11. How many essential minerals are there for man?
12. How long must you continuously exercise before you start to burn fat?
13. Is a peanut a nut or a vegetable?

NUTRITION ANSWERS

ANSWERS TO NUTRITION AND MUSCLES OF THE BODY

1. Meats, Dairy, Fruits and Vegetables , and Grains
2. Muscle repair and chemical building blocks for body structure
3. Source of energy. Simple (fruits, chocolates) Complex (potatoes, spaghetti, rice, bread)
4. A measure of heat energy released when food is burned in the presence of oxygen
5. Fat and water soluble
6. A, B, C, D, E, K, Q
7. 3, 500
8. Proteins, Fats, Sugars, Vitamins, Minerals
9. 4 /gram protein, 9/gram fat
10. Fruits and Vegetables - 4
Protein - 2
Grains and Cereal - 4
Dairy - 2
11. 21
12. 25 to 40 minutes
13. A Vegetable