

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

PT Brinkman



Human Nutrition Study Guide:

Current Topics in Human Nutrition Anne Popma,1979 *Human Nutrition*,2003 Produced for unit HSN202 Applied human nutrition offered by the Faculty of Health and Behavioural Sciences School of Health Sciences in Deakin University s Open Campus Program

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Creasy-Resnik's Study Guide for Maternal Fetal Medicine E-Book Charles J. Lockwood,Thomas Moore,Joshua Copel,Robert M Silver,Robert Resnik,Judette Louis,Lorraine Dugoff,2023-04-15 Comprehensive in scope easy to use and aligned to the gold standard text in the field Creasy Resnik s Study Guide for Maternal Fetal Medicine is a highly effective study tool Questions and answers written by Creasy Resnik authors prepare you and assess your knowledge Includes hundreds of questions and answers written by renowned experts in obstetrics gynecology and perinatology with rationales linked directly to Creasy and Resnik s Maternal Fetal Medicine Principles and Practice 9th Edition Covers all topics and content in the core text including maternal and fetal viral infections

sexually transmitted disease and current information on genetics all reflecting the latest evidence based guidelines and research

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