

## Nutrition 101 Study Guide

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Carbohydrates: A compound containing carbon, hydrogen, and oxygen in the same proportions as in water; includes sugars, starches, and most fibers. Protein: An organic molecule made up of one or more intertwining chains of amino acids. Lipids (fats): A group of organic molecules, most of which do not dissolve in water.

STUDY GUIDE EXAM 1 December 20 Autumn 2017, questions and ...

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Basic Nutrition | Nutrition.gov

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Nutrition 101 - Institute of Child Nutrition

Question1 What is the major monosaccharide found in the human body? Select one: a. glucose b. sucrose c. lactose d. galactose Question2 Which of these is a complex carbohydrate that cannot be broken down by the human digestive process? Select one: a. amino acid b. simple sugar c. starch d. fiber Question3 What is the purpose of the Dietary Guidelines for Americans 2010? ...

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