

## 6 MAIN NUTRIENT Answer Key



1. Define Nutrition -  
is the science of turning food into fuel for the body.
2. What do nutrients provide?  
they provide materials for building and maintenance of body tissue, and regulate body processes.
3. List the 6 main nutrients. Circle the four that are organic. Underline the nutrients that provide energy. Put a star by the nutrients that provide energy.
 

1. <u>Carbohydrates</u>	2. <u>Proteins</u>	3. <u>Fats</u>
4. <u>Vitamins</u>	5. <u>Minerals</u>	6. <u>Water</u>
4. What nutrient provides the bodies main source of energy? Carbohydrates
5. What nutrient helps build up and repair the body? Protein
6. What nutrient carries fat-soluble vitamins through the body? Fats
7. What nutrient provides heat? Fats
8. Do vitamins provide energy? No
9. What nutrient helps in elimination? Water
10. What does RDA stand for? Recommended Daily Allowance
11. What is the recommended RDA for Carbohydrates in our diets? 58%
12. What is the recommended RDA for Fat in our diets? 30%
13. What is the recommended RDA for Protein in our diets? 12%
14. What is the difference between an organic and an inorganic substance? organic contains carbon and inorganic does not contain carbon
15. Energy is fuel for the body. A unit of energy is called a Calorie.
16. How many of the 6 main nutrients have calorie value? 3
17. Which of the nutrients has the most kcal per gram? Fat

# Answers For Meet The Nutrients

**Iowa Improved Stock Breeders'  
Association**



## **Answers For Meet The Nutrients:**

*Visualizing Nutrition* Mary B. Grosvenor, Lori A. Smolin, 2017-12-19 *Visualizing Nutrition* teaches students to identify and connect the central elements of nutritional science using a visual approach As students explore important nutrition topics they are immersed in content that not only provides scientific understanding but demonstrates relevance to their personal lives Students are challenged and taught the decision making skills needed to navigate the countless choices they will face in promoting their good health and preventing disease *Visualizing Nutrition* s critical thinking approach with a solid underpinning of the scientific process empowers students to be knowledgeable consumers when faced with decisions about what to eat     *Rudolphs Pediatrics Self-Assessment and Board Review* Michael D. Cabana, 2013-12-11 Complemented by Rudolph s pediatrics editor in chief Colin D Rudolph editors Abraham M Rudolph et al 22nd ed c2011     *Mosby's Comprehensive Review of Practical Nursing for the NCLEX-PN® Exam - E-Book* Mary O. Eyles, 2010-10-15 This title includes additional digital media when purchased in print format For this digital book edition media content is not included Prepare for success on the boards with Mosby s *Comprehensive Review of Practical Nursing for the NCLEX PN Examination* An outline format makes studying easier and chapters organized by core clinical areas make review more efficient Separate chapters help you focus on the specialty areas such as pharmacology nutrition and emergency nursing Practice questions in each chapter are written in NCLEX examination style and include detailed rationales for both correct and incorrect answers Developed by NCLEX PN expert Mary O Eyles PhD RN this guide also includes a comprehensive exam to prepare you for the test taking experience More than 1 494 questions provided in book for plenty of practice Rationales for both correct and incorrect answers help you understand the reasoning behind each answer option Page references to Elsevier textbooks provide fast efficient remediation for each question Alternate item format questions reflect the NCLEX PN exam with prioritization multiple response chart exhibit and illustrated questions Test taking strategies include helpful tips in preparing for nursing exams and the NCLEX PN exam The comprehensive exam includes questions in all clinical areas reflecting content on the current NCLEX PN exam A breakdown of the changes to the 2008 NCLEX PN test plan prepares you for the latest version of the exam A web link on the CD connects you to updates and technical support     **PGT Home Science Question Bank Chapterwise - for PGT Teachers** Mocktime Publication, PGT Home Science Question Bank Chapterwise for PGT Teachers     **Williams' Basic Nutrition and Diet Therapy - E-Book** Staci Nix McIntosh, 2021-07-15 NEW Next Generation NCLEX case studies and question types are included in the text and on the companion Evolve website NEW Easy to follow writing style utilizes a more lively and direct conversation tone to make material easier to understand NEW Updated references reflect the studies and statistics published in the most current scientific literature NEW Incorporation of the new Nutrition Care Process model grounds you in the systematic approach to providing high quality nutrition care with regard to nutrition assessment diagnosis intervention and evaluation NEW Coverage of the new Physical Activity Guidelines

for Americans ensures you are versed in the latest recommendations      **Williams' Basic Nutrition & Diet Therapy, 16e, South Asia Edition-E-Book** Staci Nix McIntosh, 2021-11-18 Stay up to date on all the latest in nutrition care with Williams Basic Nutrition Diet Therapy 16th Edition This market leading text provides concise need to know coverage of hot topics emerging trends and cutting edge research to ensure you are equipped to make informed decisions on patient nutrition in the clinical space And with its conversational writing style vivid illustrations and wide array of reader friendly features you can easily understand how the concepts in the book can be applied in clinical practice The text is broken out into four parts an introduction to the basic principles of nutrition science human growth and development needs community nutrition and clinical nutrition Case studies with accompanying questions for analysis in the clinical care chapters focus your attention on related patient care problems Cultural Considerations boxes discuss how a patient s culture can affect nutritional concepts in practice Clinical Applications and For Further Focus boxes highlight timely topics and analyze concepts and trends in depth Bulleted chapter summaries review highlights from the chapter and help you see how the chapter contributes to the book s big picture Diet therapy guidelines include recommendations restrictions and sample diets for major clinical conditions Drug Nutrient Interactions boxes highlight important safety information and cover topics such as nutritional supplements for athletics drugs interfering with vitamin absorption and over the counter weight loss aids Key terms and definitions clarify terminology and concepts critical to your understanding and application of the material NEW Easy to follow writing style utilizes a more lively and direct conversation tone to make material easier to understand NEW Updated references reflect the studies and statistics published in the most current scientific literature NEW Incorporation of the new Nutrition Care Process model grounds you in the systematic approach to providing high quality nutrition care with regard to nutrition assessment diagnosis intervention and evaluation      Nutrition Component of the Food Service System Ellen P. Barbrow, 1994

*Nutrition and Diet Therapy* Mary Ann Hogan, Daryle Wane, 2003 INTRODUCTION Welcome to the new Prentice Hall Reviews and Rationales Series This 9 book series has been specifically designed to provide a clear and concentrated review of important nursing knowledge in the following content areas Child Health Nursing Maternal Newborn Nursing Mental Health Nursing Medical Surgical Nursing Pathophysiology Pharmacology Nursing Fundamentals Nutrition and Diet Therapy Fluids Electrolytes often this is the person with the health problem but it may also be a significant other relative friend or another nurse Decide whether the stem is a true response stem or a false response stem With a true response stem the correct answer will be a true statement and vice versa Determine what the question is really asking sometimes referred to as the issue of the question Evaluate all answer options in relation to this issue and not strictly to the correctness of the statement in each individual option Eliminate options that are obviously incorrect then go back and reread the stem Evaluate the remaining options against the stem once more If two answers seem similar and correct try to decide whether one of them is more global or comprehensive If the global option includes the alternative option within it it is likely that the more global

response is the correct answer

## THE NCLEX RN LICENSING EXAMINATION

The NCLEX RN licensing examination is a Computer Adaptive Test CAT that ranges in length from 75 to 265 individual stand alone test items depending on individual performance during the examination Upon graduation from a nursing program successful completion of this exam is the gateway to your professional nursing practice The blueprint for the exam is reviewed and revised every three years by the National Council of State Boards of Nursing according to the results of a job analysis study of new graduate nurses practicing within the first six months after graduation Each question on the exam is coded to one Client Need Category and one or more Integrated Concepts and Processes Client Need Categories There are 4 categories of client needs and each exam will contain a minimum and maximum percent of questions from each category Each major category has subcategories within it The Client Need categories according to the NCLEX RN Test Plan effective April 2001 are as follows

Client Need Category	Subcategory	Percent of Questions
Safe and Effective Care Environment	Management of Care	7 13%
	Safety and Infection Control	5 11 %
	Health Promotion and Maintenance	7 13%
	Growth and Development Throughout the Lifespan	7 13%
Prevention and Early Detection of Disease	Psychosocial Integrity	5 11 %
	Coping and Adaptation	5 11%
Psychosocial Adaptation	Physiological Integrity	5 11%
	Basic Care and Comfort	7 13%
Pharmacological and Parenteral Therapies	Reduction of Risk Potential	5 11%
	Physiological Adaptation	12 18 %

Integrated Concepts and Processes The integrated concepts and processes identified on the NCLEX RN Test Plan effective April 2001 with condensed definitions are as follows

- Nursing Process a scientific problem solving approach used in nursing practice consisting of assessment analysis planning implementation and evaluation
- Caring client nurse interaction s characterized by mutual respect and trust and directed toward achieving desired client outcomes
- Communication and Documentation verbal and or nonverbal interactions between nurse and others client family health care team a written or electronic recording of activities or events that occur during client care
- Cultural Awareness knowledge and sensitivity to the client s beliefs values and how these might impact on the client s healthcare experience
- Self Care assisting clients to meet their health care needs which may include maintaining health or restoring function
- Teaching Learning facilitating client s acquisition of knowledge skills and attitudes that lead to behavior change

More detailed information about this examination may be obtained by visiting the National Council of State Boards of Nursing website at <http://www.ncsbn.org> and viewing the NCLEX RN Examination Test Plan for the National Council Licensure Examination for Registered Nurses

## HOW TO GET THE MOST OUT OF THIS BOOK

### Chapter Organization

Each chapter has the following elements to guide you during review and study

- Chapter Objectives describe what you will be able to know or do after learning the material covered in the chapter
- OBJECTIVES Review basic principles of growth and development Describe major physical expectations for each developmental age group Identify developmental milestones for various age groups Discuss the reactions to illness and hospitalization for children at various stages of development
- Review at a Glance contains a glossary of key terms used in the chapter with definitions provided up front and available at your fingertips to help you stay focused and make the best use of

your study time Pretest this 10 question multiple choice test provides a sample overview of content covered in the chapter and helps you decide what areas need the most or the least review Practice to Pass questions these are open ended questions that stimulate critical thinking and reinforce mastery of the chapter content NCLEX Alerts the NCLEX icon identifies information or concepts that are likely to be tested on the NCLEX licensing examination Be sure to learn the information flagged by this type of icon Case Study found at the end of the chapter it provides an opportunity for you to use your critical thinking and clinical reasoning skills to put it all together it describes a true to life client case situation and asks you open ended questions about how you would provide care for that client and or family Posttest a 10 question multiple choice test at the end of the chapter provides new questions that are representative of chapter content and provide you with feedback about mastery of that content following review and study All pretest and posttest questions contain rationales for the correct answer and are coded according to the phase of the nursing process used and the NCLEX category of client need called the Test Plan The Test plan codes are PHYS Physiological Integrity PSYC Psychosocial Integrity SECE Safe Effective Care Environment and HPM Health Promotion and Maintenance CD ROM For those who want to practice taking tests on a computer the CD ROM that accompanies the book contains the pretest and posttest questions found in all chapters of the book In addition it contains 10 NEW questions for each chapter to help you further evaluate your knowledge base and hone your test taking skills In several chapters one of the questions will have embedded art to use in answering the question Some of the newly developed NCLEX test items are also designed in this way so these items will give you valuable practice with this type of question Companion Website CW The companion website is a virtual reference for virtually all your needs The CW contains the following 50 NCLEX style questions 10 pretest 10 posttest 10 CD ROM and 20 additional new questions Definitions of key terms the glossary is also stored on the companion website for ease of reference In Depth With NCLEX features drawings or photos that are each accompanied by a one to two paragraph explanation These are especially useful when describing something that is complex technical such as equipment or difficult to mentally visualize Suggested Answers to Practice to Pass and Case Study Questions easily located on the website these allow for timely feedback for those who answer chapter questions on the web Nursing Notes Clinical Reference Card This laminated card provides a reference for frequently used facts and information related to the subject matter of the book These are designed to be useful in the clinical setting when quick and easy access to information is so important ABOUT THE NUTRITION AND DIET THERAPY BOOK Most nurses have limited experience in the field of nutrition while most nutritionists have limited experience in the field of nursing This book attempts to merge the knowledge of these two distinct disciplines into one reference source that addresses management of client nutrition in the context of the nursing practice Chapters in this book cover need to know information about nutritional science with direct application to the nursing process This book provides a comprehensive overview of nutritional principles and delves into building block elements macronutrients and micronutrients and basics of nutritional

biochemistry to provide the reader with a clear concise explanation of nutritional principles Individual chapters focus on developmental areas of nutrition across the lifespan nutritional therapeutics nutritional support and therapeutic diets and nutritional supplements The last chapter examines the nutritional management of clients who experience multisystem disorders This book is intended for use as one resource in managing a client's nutritional status and should be used in conjunction with appropriate referrals and collaboration with registered dietitians to provide client care and determine specific nutritional outcomes

**Rudolph's Pediatrics Self-Assessment and Board Review** Michael deCastro Cabana, 2013-10-22 Add the authority of Rudolph's Pediatrics to your Pediatric Board Examination review Rudolph's Pediatrics Self Assessment and Board Review is a fast efficient and engaging way for you to incorporate the contents of Rudolph's Pediatrics into your board preparation This powerful study guide delivers more than 1 500 questions that focus on epidemiology pathophysiology presenting symptoms clinical decision making therapeutics and prognosis of different pediatric disorders Concise answer explanations illustrate key points and include references to pertinent sections in Rudolph's Pediatrics for more in depth coverage of the topic You'll find everything you need in one comprehensive review questions referenced answers full color illustrations and the expertise of the field's leading text

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*Proceedings of the Annual Meeting - National Education Association of the United States* National Education Association of the United States, 1900

**Report of the ... Meeting of the British Association for the Advancement of Science** British Association for the Advancement of Science. Meeting, 1900

**Innovation in Food Science and Technology to Meet the Nutritional Needs**, 1980

*Dietetic and Nutrition* Judy Lawrence, Pauline Douglas, Joan Gandy, 2016-02-11 The ideal companion resource to Manual of Dietetic Practice this book takes a problem based learning approach to dietetics and nutrition with cases written and peer reviewed by registered dietitians drawing on their own experiences and specialist knowledge Each case study follows the Process for Nutrition and Dietetic Practice published by the British Dietetic Association in 2012 Includes case studies in public health an increasingly important area of practice

*Transactions of the ...annual Meeting of the Missouri State Medical Association* Missouri State Medical Association, 1872

*Animal Health & Nutrition*, 1985

**Annual Meeting ...** Iowa Improved Stock Breeders' Association, 1890

**Proceedings, Semiannual Meeting - AFMA Nutrition Council** American Feed Manufacturers' Association. Nutrition Council, 1962

**Essentials of Nutrition and Diet Therapy** Sue Rodwell Williams, 1990 Abstract This textbook is designed to meet the needs of beginning students in the allied health professions on the community college level Major areas covered are introduction to human nutrition community nutrition and the life cycle diet therapy and topics

of current relevance Appendixes include food composition tables nutritional analysis of foods and brand name products exchange lists conversion tables and a glossary      **Proceedings; Annual Meeting - AFMA Nutrition Council** American Feed Manufacturers' Association. Nutrition Council,1961      **Nutrition Essentials and Diet Therapy - E-Book** Nancy J. Peckenpaugh,2009-10-01 Nutrition Essentials and Diet Therapy provides complete coverage of all of the content needed in an LPN LVN curriculum This versatile text concentrates on what is most important for the health care provider to know about the nutrition basics and the application on nutrition knowledge Coverage includes the latest developments in nutrition fundamentals nutrition across the life span nutritional management of chronic and acute illnesses the latest DRI s and expanded coverage of vitamins minerals phytochemicals and herbal remedies An LPN Threads Series title Unique Cultural boxes incorporated throughout each chapter focus on specific ways in which culture affects nutritional concepts in practice and promote a greater cultural awareness and prepares students to work with diverse clients Unique Facts and Fallacies identify common myths about nutrition and then present the facts This feature promotes nutritional education that is based on research and current belief Unique Teaching Pearls provide practical nutritional counseling tips and analogies Critical Thinking Case Studies cover a variety of client teaching considerations related to various nutritional situations Each case study is followed by application questions Chapter Challenge Questions and Classroom Activities appear at the end of each chapter and provide the opportunity to review and discuss the content Additional coverage on women and cardiovascular disease provides insight to the importance of prevention of cardiovascular disease Expanded herbal therapy coverage includes content on potential interactions between herbal medications and other types of medication Information on the role that nutrition plays in the prevention of neurodegenerative diseases has been expanded to address the significant growth in the number of individuals being diagnosed with these problems Expanded content on proteins addresses the increase use of protein powders by athletes and the use of enteral and parenteral supplements during chronic and acute illnesses NEW Online Version of Nutritrac Nutrition Analysis Program provides additional tools for learning with an expanded food database of over 5 000 foods in 18 different categories and a complete listing of more than 150 activities Additional new features for this online version include an ideal body weight IBW calculator a Harris Benedict calculator to estimate total daily energy needs and the complete Exchange Lists for Meal Planning



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## **Answers For Meet The Nutrients Introduction**

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