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1 FOCUS Objectives 38.1.1 Explain how food provides energy. 38.1.2 Describe the nutrients your body needs. 38.1.3 State why water is such an important nutrient. 38.1.4 Explain how to use the food pyramid. Vocabulary Preview Point out that five of the Vocabulary terms are nutrients, or substances in food that the body needs, and that the other ...

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Quia - Section 38.1: Food and Nutrition tip www.quia.com. plant based foods such as fruits, vegetables and potatoes: You can get a lot of protein in your diet by eating ____ . meat (meat is animal muscle and muscle fibers are made of protein) One of the major reasons that water is

Chapter 38 Section 1 Food And Nutrition

38 Foods That Contain Almost Zero Calories Written by Lizzie Streit, MS, RDN, LD on June 11, 2018 Calories provide the energy that your body needs to function and stay alive.

38 Foods That Contain Almost Zero Calories

38 1 Food And Nutrition Start studying 38-1 Food & Nutrition. Learn vocabulary, terms, and more with flashcards, games, and other study tools. 38-1 Food & Nutrition Flashcards | Quizlet Figure 38–3shows some of the foods that contain carbohydrates.The sugars found in fruits, honey, and sugar cane are simple carbohydrates, or monosac-

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These documents are issued by the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences.The Food and Nutrition Board addresses issues of safety, quality, and adequacy of the food supply; establishes principles and guidelines of adequate dietary intake; and renders authoritative judgments on the relationships among food intake, nutrition, and health.

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Digestive and Excretory Systems

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