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Fitness For Life Chapter 14 Review Answers

Choosing Nutritious Food. This quiz is timed. The total time allowed for this quiz is 7 minutes.

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Each of these six types of nutrients will be discussed in this chapter. NUTRIENTS THAT

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**PROVIDE ENERGY** Three types of nutrients supply the energy the body needs to perform its daily tasks: carbohydrates, proteins, and fats. The United States Department of Agriculture (USDA) recommends that most of the calories in your diet come from carbohydrates.

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Fitness For Life Chapter 14 Review Answers

Fitness for Life is a comprehensive fitness education program that helps students take responsibility for their own activity, fitness, and health. Through Fitness for Life, students are prepared to be physically active and healthy throughout their adult lives. This evidence-based and standards-based program follows a pedagogically sound scope and sequence to enhance student learning and progress.

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