

Understanding Nutrition 13th Edition Whitney Test Bank

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Chapter 5 – The Lipids: Triglycerides, Phospholipids, and Sterols

Multiple Choice

- In which form are most dietary lipids found?
 - Sterols
 - Glycerols
 - Triglycerides
 - Monoglycerides
- Lipids that are solid at room temperature are known as
 - oils.
 - fats.
 - omegas.
 - glycerols.
- Lipids that are liquid at room temperature are known as
 - oils.
 - fats.
 - omegas.
 - glycerols.
- What is the chemical composition of fats?
 - Hexose polymers
 - Glycogen granules
 - Fatty acids and glycerol
 - Combinations of long-chain fatty acids
- A compound composed of carbon, hydrogen, and oxygen with 3 fatty acids attached to a molecule of glycerol would be known as a
 - diglyceride.
 - triglyceride.
 - phospholipid.
 - monoglyceride.
- What compound is composed of 3 fatty acids and glycerol?
 - Steroid
 - Lecithin
 - Triglyceride
 - Monoglyceride
- How many double bonds are present in stearic acid?
 - 0
 - 1
 - 2
 - 3
- Which of the following is a property of dietary lipids?
 - Omega-3 fatty acids are always unsaturated
 - Lipids that are solid at room temperature are classified as oils
 - The fatty acids in triglycerides may be of chain length 2 to 25 carbons
 - The most common fatty acid chain length in triglycerides is 10 carbons
- What is the simplest 18-carbon fatty acid?
 - Stearic acid
 - Linoleic acid
 - Palmitic acid
 - Linolenic acid
- Which of the following represents a chief source of short-chain and medium-chain fatty acids?
 - Fish
 - Eggs

Understanding Nutrition 13th Edition Test

Patrick Vollmar



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The American Middle Class Robert S. Rycroft, 2017-05-12 What is the American Dream This book's author argues that contrary to what many believe it is not achieving the wealth necessary to enter the top one percent but rather becoming members of the great middle class by dint of hard work and self discipline Americans of all classes consider themselves to be middle class There are Americans who by any objective standard should be considered poor who would insist they are middle class just as other Americans who should be considered wealthy also insist they are middle class Thinking of yourself and being thought of by others as middle class is the American Dream for tens of millions of people But an enduring problem of the American middle class is the worry that the Dream is coming apart that forces are lurking in the shadows waiting to steal their progress and throw them back into poverty This thought provoking reference explores a disparate multitude of issues associated with being middle class in America It addresses a range of questions and subtopics including the meaning of the term middle class how middle class status is expressed by both the majority and the various minorities that make up the American mosaic what economic pressures are bearing down on the middle class and how economists and others attempt to make sense of the economic issues of the day Readers will also better understand how political institutions and public policies are shaping the way the middle class views the world how labor housing education and crime related issues have influenced the development and growth of the middle class the norms of the middle class versus those of other classes in society and the role of culture and media in shaping how members of the middle class view themselves and how they are viewed by others This two volume set provides a comprehensive look at the American middle class that supports student research in economics social studies cultural studies and political history The content supports teachers in their development of lesson plans and assignments that directly align with the Common Core State Standards and the recommendations of the National Curriculum Standards for Social Studies NCSS with respect to all ten NCSS themes **Saunders Comprehensive Review for the NCLEX-RN® Examination - E-Book** Linda Anne Silvestri, 2010-10-12 This title includes additional digital media when purchased in print format For this digital book edition media content is not included Saunders Comprehensive Review for the NCLEX-RN Examination Linda Anne Silvestri, 2011 Accompanying CD ROM includes more than 4500 NCLEX examination style review questions in quiz study or exam mode a diagnostic pre test audio and video questions and audio review summaries Sandra Smith's Review for NCLEX-RN® Marianne P. Barba, Sandra F. Smith, 2015-04-01 Sandra Smith's Review for NCLEX RN Thirteenth Edition is a comprehensive and current evidence based RN content review Following the latest NCLEX RN exam blueprint it features 2 500 NCLEX formatted practice questions with detailed answers and rationales that stimulate critical thinking The reader friendly approach includes a clear and concise outline format with study guidelines and test taking strategies It also covers all of the latest trends evidence based treatment guidelines and additional updated information needed for safe clinical practice and patient care New to this edition

is an expanded emphasis on patient safety the National Patient Safety Goals and NCLEX examination preparation ties to QSEN competencies and a greater focus on evidence based clinical practice Please note Navigate TestPrep must be purchased separately

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