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You should eat the largest number of servings from this food g.... getting enough calcium and doing weight-bearing exercise all y.... food substances required by your body for the growth and maint....

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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 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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- Integrate taxes into their curriculum using Lesson 7 from the Financial Fitness for Life book – Use taxation as a means to teach personal finance in grades 9-12 – Demonstrate EdTech tools to prepare taxes
- Understand W2s, W4s, brackets and other tax language.

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