

age and size,

[HCM238] Dietary fibre comes from -.
carbohydrate,

[HCM238] What people eat are not affected be -----.
composition of the food,

[HCM238] ---- is essential for resistance to disease, maintenance of healthy tissues and
normal functioning of the digestive system.
vitamins,

[HCM238] On equal weight basis, one of the following has the highest source of energy
to man. .
fat,

[HCM238] ---- is needed for proper growth, repair and replace of cells and tissues.
proteins

[HCM238] Tastes and habits are influenced by all of the following except --.
degree of hunger

[HCM238] One of the following is good maintenance of healthy blood.
iron,

[HCM238] As normal human beings, what we eat is being influenced by our --.
gender.

[HCM238] One of the following is the poorest source of energy to the body.
vitamins.

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