
An Overview of Nutrition

Assessment

Total Marks 30

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| 1. The energy requirements are different for different people. Why? | 8 |
| 2. What is BMI? And how can it be calculated? | 8 |
| 3. What is basal metabolic rate? What is the difference between total energy expenditure (TEE) and Basal Metabolic Rate (BMR)? | 7 |
| 4. What are micro-nutrients? And why our body needs them? | 7 |