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>> Health-Fitness-and-Wellness Tests <<

WGU Health, Fitness, and Wellness (HIO1) cexamkiller Praxis Dumps & Health-Fitness-and-Wellness Test Training Überprüfungen

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WGU Health, Fitness, and Wellness (HIO1) Health-Fitness-and-Wellness Prüfungsfragen mit Lösungen (Q38-Q43):

38. Frage

Which term categorizes vitamins and minerals?

- A. Macronutrients
- **B. Micronutrients**
- C. Antioxidants
- D. Essential amino acids

Antwort: B

Begründung:

Vitamins and minerals are categorized as micronutrients because the body needs them in small amounts to support essential functions, even though they do not provide calories (energy). They play critical roles in maintaining normal growth, immune function, bone health, blood formation, nerve signaling, and metabolism.

For example, vitamins such as A, C, D, E, K, and the B-complex help regulate processes like vision, collagen formation, calcium absorption, antioxidant defense, and energy metabolism. Minerals such as calcium, iron, potassium, magnesium, zinc, and iodine support bone structure, oxygen transport, fluid balance, muscle contraction, enzyme activity, and thyroid function.

Micronutrients differ from macronutrients (carbohydrates, fats, and proteins), which are needed in larger quantities and supply the body with energy and building materials. In a balanced diet, macronutrients provide fuel and tissue-building components, while micronutrients help the body use that fuel effectively and keep organs and systems functioning properly.

The other options are not correct categories for vitamins and minerals. Antioxidants describe substances that help protect cells from oxidative damage; some vitamins (like C and E) act as antioxidants, but not all vitamins and minerals are classified that way. Essential amino acids are the building blocks of protein that must come from food; they are not vitamins or minerals. Therefore, "micronutrients" is the broad, accurate classification that includes both vitamins and minerals, highlighting their importance despite the small amounts required.

39. Frage

Which term describes the amount of energy that can be derived from food?

- A. Metabolism
- B. Nutrient
- C. Vitamins
- **D. Calories**

Antwort: D

Begründung:

Calories are the standard unit used to describe the amount of energy provided by food and drinks, so option B is correct. In nutrition education, calories represent how much potential energy the body can obtain from what you eat. Your body uses this energy to power essential functions such as breathing, circulation, maintaining body temperature, repairing tissues, and supporting movement and exercise.

Calories primarily come from macronutrients: carbohydrates, fats, and proteins (and also alcohol). Each macronutrient contributes a certain amount of energy per gram, and the total calorie content of a food depends on how much of these macronutrients it contains. When energy intake from calories matches energy needs, body weight tends to stay stable. When intake is consistently higher than needs, excess energy is stored (often as body fat). When intake is consistently lower than needs, the body draws on stored energy, which can lead to weight loss.

The other options are related concepts but don't mean "energy amount." A nutrient is a broad term for substances the body needs for

health (including carbohydrates, fats, proteins, vitamins, minerals, and water).

Not all nutrients provide energy-vitamins and minerals, for example, support body processes but do not supply calories. Vitamins are micronutrients required in small amounts for functions like immunity, vision, and energy metabolism, but they are not a direct measure of energy. Metabolism refers to the body's chemical processes that convert food into energy and building blocks; it describes the process, not the unit of energy.

For fitness and health, focusing on both calorie balance and nutrient quality is important-choosing nutrient-dense foods helps support performance, recovery, and long-term wellness.

40. Frage

Which action is an effective way of preventing the consumption of food-borne bacteria?

- A. Microwave food until it is very hot
- B. Allow cooked food to remain at room temperature
- C. Use a food thermometer and cooking temperature chart
- D. Cook beef until it is at least medium rare

Antwort: C

Begründung:

The most reliable way to prevent consuming food-borne bacteria is to ensure food reaches a safe internal temperature, which is why using a food thermometer and a cooking temperature chart (C) is the best answer. Harmful bacteria can survive if food is undercooked, and appearance alone (color, texture, "hot enough," or cooking time) can be misleading. A thermometer directly measures whether the thickest part of the food has reached a temperature high enough to reduce pathogens to safe levels. Option A sounds helpful, but "very hot" is vague and not measurable; microwaves can heat unevenly, leaving cold spots where bacteria survive. Microwaving can be safe when done properly, but without verifying temperature, it's not the most effective prevention strategy. Option B is unsafe: leaving cooked food at room temperature for extended periods allows bacteria to multiply rapidly. Option D can be risky because "medium rare" may not reach the internal temperature needed to reduce bacteria to safe levels for all people and situations-especially for ground meats, which generally require more thorough cooking because bacteria can be mixed throughout the product.

Health and wellness education emphasizes several food-safety habits: cook to safe temperatures, avoid the "danger zone" where bacteria multiply quickly (food left warm for too long), chill leftovers promptly, and reheat leftovers thoroughly. Among the listed options, the thermometer approach is the most precise and consistently recommended because it removes guesswork and directly supports safe eating.

41. Frage

Which method is an effective way to prevent cross-contamination?

- A. Use different cutting boards for meat and produce
- B. Cook foods in different pots and pans
- C. Rinse produce before cutting or consuming
- D. Store food in separate containers in the freezer

Antwort: A

Begründung:

Cross-contamination happens when harmful microorganisms (often from raw meat, poultry, seafood, or eggs) transfer to ready-to-eat foods such as fruits, vegetables, or cooked items. A highly effective prevention method is using different cutting boards for meat and produce (A). This practice prevents raw juices or residue-potentially containing bacteria-from contacting foods that may not be cooked afterward. It's especially important because many produce items are eaten raw, so any bacteria transferred onto them can be consumed.

While options B and C may help organization or cooking efficiency, they are not as direct or comprehensive for preventing cross-contamination during food preparation. Storing food in separate freezer containers can reduce mixing and mess, but cross-contamination most commonly occurs during prep on counters, boards, knives, and hands. Cooking foods in different pots and pans can help, yet bacteria are often transferred before foods reach the heat of cooking, and shared utensils or surfaces can still spread contaminants.

Option D (rinsing produce) can reduce dirt and some surface contamination, but it does not address the main cross-contamination pathway from raw meat to produce via cutting boards and utensils. Also, rinsing cannot be relied on to remove all harmful microorganisms once contamination occurs. Using separate boards-along with washing knives, counters, and hands with soap and warm water after handling raw animal products-is a cornerstone safety habit taught in health and nutrition education.

In short, separating raw and ready-to-eat foods at the cutting board level is one of the most effective, simple, and consistent ways to reduce food-borne illness risk.

42. Frage

What are recommended ways to maintain good dental hygiene? Choose 3 answers.

- A. Flossing daily
- B. Brushing teeth after meals
- C. Using fluoride toothpaste
- D. Visiting a dentist once a year
- E. Brushing teeth with rigorous strokes

Antwort: A,C,D

Begründung:

Good dental hygiene focuses on preventing cavities, gum disease, and bad breath by controlling plaque (a sticky film of bacteria) and strengthening tooth enamel. Three widely recommended, core strategies are:

regular dental visits, brushing with fluoride toothpaste, and cleaning between teeth daily.

Using fluoride toothpaste (B) is strongly recommended because fluoride helps remineralize enamel and makes teeth more resistant to decay. Brushing twice daily with fluoride toothpaste removes plaque and reduces the bacteria that cause cavities and gum inflammation.

Flossing daily (C) is essential because a toothbrush cannot effectively clean the tight spaces between teeth or under the gumline edges. Flossing helps prevent cavities between teeth and reduces the risk of gingivitis by removing trapped food particles and plaque in areas brushes miss.

Visiting a dentist once a year (A) supports prevention through professional cleaning and early detection of cavities, gum disease, and other oral health issues. Some people may need checkups more often depending on risk, but "once a year" reflects a reasonable baseline for routine preventive care.

Two options are not ideal. Brushing with rigorous strokes (D) is discouraged because aggressive brushing can wear enamel and irritate gums, potentially leading to gum recession and sensitivity. Effective brushing should be gentle, thorough, and consistent, not forceful.

Brushing teeth after meals (E) can be helpful sometimes, but it is not always the top universal recommendation compared with twice-daily brushing and daily flossing. In some cases—especially after acidic foods or drinks—brushing immediately may not be ideal for enamel. Therefore, the best three foundational choices are A, B, and C.

43. Frage

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Die Wahrheit konnte den Jungen den Thron kosten, Ein wahrhaftes Ungetüm Health-Fitness-and-Wellness Vorbereitung von Gesetz, das die Verhältnisse zwischen den Umlaufzeiten und den mittleren Abständen der Planeten zur Sonne definiert.

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