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9/7/2018 Guide to Good Food 2018 | Chapter 1 Review Questions 1/3 1: Review Save Write your answers using complete sentences when appropriate. 3. What led early people to begin farming? they planted seeds to produce large amounts of food 4. What are the six steps of the decision-making process? decision, identify, consider, think, relate, evaluate 5. What is the difference between hunger and appetite?

Goodheart-Willcox - Guide to Good Food: Nutrition and Food ...

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Carbohydrate. the body's chief source of energy. Glucose. the form of sugar carried in the bloodstream for energy use throughout the body. Fiber. a form of complex carbohydrates from plants that humans cannot digest. Fat.