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## Nutrition Wellness Student Workbook Answers

This workbook contains activities and test questions that pertain to information in the Basic Nutrition Module as well as some key reference tables. This workbook is your personal copy to use and keep. Feel free to write in it and use it to record your answers to the activities and test questions. Certain activities will ask you to provide personal information like personal dietary intake, weight, family history, etc.

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Goodheart-Willcox - Nutrition & Wellness for Life, 5th Edition

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