1. (1 point) List four fat soluble vitamins.

A, D, E, K

2. (1 point) List four water soluble vitamins.

B₁, B₂, B₆, B₁₂

3. (1 point) List four required minerals or elements which must be in a diet.

Calcium, Phosphorus, Magnesium, Iron

4. (1 point) Which food group(s) form the base of the Food Pyramid?

The bread group, grains/cereals, carbohydrates

5. (1 point) Describe how the basal metabolic rate helps to determine if a person will gain or lose weight when their diet or activity level changes.

- If a person's caloric intake without an increase in metabolism they will gain weight or lose weight. 
- The basal metabolic rate (BMR) is the number of calories needed to maintain body weight at rest. Multiply it by an "activity factor" to determine the caloric needs. If their caloric intake matches their caloric need, then weight will be stable. If caloric intake increases or decreases, weight will increase or decrease, respectively.