1. Digestion features:
	1. muscular action
	2. secretions
	3. a and b
	4. none of the above
2. The most recent and best recommendation for Canadians of European descent in terms of waist circumference in cm is to be less than:
	1. 88 females, 94 males
	2. 102 females, 88 males
	3. 88 females, 102 males
	4. 80 females, 94 males
3. To be effective nutrients must:
	1. arrive on time
	2. in the correct form
	3. arrive at the correct location and in the correct quantity
	4. all of the above
4. Which most immediately regulates absorption:
	1. ingestion
	2. transport of nutrients in blood
	3. digestion
	4. none of the above
5. Omega 3 fatty acids help prevent:
	1. heart disease
	2. liver disease
	3. all cancers
	4. lyme disease

Short answer example:

In point form only:

1. Relate the new Canadian food guide (2019) to success in any given sport