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