

Covalent Compounds & Covalent Bonding: Multiple Choice

1. What is a covalent bond?

- A) A bond formed by the transfer of electrons
- B) A bond formed by the sharing of electrons
- C) A bond formed by the sharing of protons
- D) A bond formed by the transfer of protons

ANS: B

1. What is the main characteristic of a covalent bond?

- A) Electrons are transferred from one atom to another.
- B) Electrons are shared between atoms.
- C) Protons are shared between atoms.
- D) Neutrons are transferred from one atom to another.

ANS: B

1. Which of the following is a molecular compound?

- A) calcium oxide
- B) strontium chloride
- C) dinitrogen monoxide
- D) ammonium chloride

ANS: C

1. What type of bond is likely to form between the elements molybdenum, Mo and chlorine, Cl based on electronegativity?

- A) Non polar covalent
- B) Polar covalent
- C) Ionic
- D) None of the above

ANS: B

1. What type of bond is likely to form between the elements molybdenum, Mo and nitrogen, N based on electronegativity?

- A) Non polar covalent
- B) Polar covalent
- C) Ionic
- D) None of the above

ANS: B

1. Which of the following compounds is covalent?

- A) NaCl
- B) MgO
- C) H₂O
- D) CaCl₂

ANS: C

1. Which of the following pairs of elements is most likely to form a covalent bond?

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Neil D. Jespersen, Pamela Kerrigan



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web nov 7 2022 experts recommend increasing calories 10 20 above the calories you need to for the target weight gain 1 6 to 2 2 grams of protein per kilogram of weight should be consumed throughout the day with 0 4 to 0 55 grams per kilogram of weight per meal depending on your desired weight you would need to consume 3 to 6 meals per day

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web mar 25 2019 weight gain meal plan 7 30 or 8 a m 3 4 eggs 2 slices of whole wheat toast with nut butter bowl of fruit glass of milk 11 a m grilled chicken breast or thigh broccoli a cup or more of brown rice with olive oil and nuts 3 p m

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web although the goal is to gain maintain weight with a high calorie meal plan try to eat quality nutrients the majority of the time and limit foods such as fried food processed foods sugary packaged pastries alcohol etc examples of low calorie foods to limit include the following thin bread tortillas wraps

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web feb 23 2021 but what about the trend for athletes to eat high fat low carb diets evidence suggests these diets don t boost athletic performance and actually hinder it at higher intensities during a workout carbohydrates fuel your brain and muscles

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web jan 29 2022 what is measured is well managed download a free app to help with tracking calories protein fats and carbs you can t gain weight if you re not eating enough calories consistently to attain a calorie surplus if you re unwilling to track calories i recommend the plate method for weight gain see our weight gain performance plate

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web mar 15 2021 sports nutritionists recommend that strength training athletes consume about 1 4 to 2 0 grams of protein per kilogram of body weight per day for an athlete weighing 90 kg 200 pounds that is a total of 126 180 grams of protein a

day

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web healthy weight gain strategies if you are wondering how to gain weight the healthy way and gain lean mass it is necessary to consume more calories than you expend while participating in an appropriate exercise program increasing your portions and intake of high calorie foods can be an appropriate strategy for weight gain

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web jun 3 2018 healthy weight gain tips eat frequently ideally every 3 hours and have a snack right before bed add coconut oil avocado oil or olive oil healthy fats to vegetables potatoes meat etc 1 tbsp 120 calories add sliced avocado to sandwiches smoothies meals 1 2 an avocado 161 calories

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web apr 4 2023 1 focus on healthy balanced meals for healthy weight gain a balanced healthy meal plan is essential for helping underweight athletes gain weight make sure to include a variety of all the food groups so that nutrients are present consistently throughout the day include the following protein foods eggs lean meats fish beans etc

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web mar 1 2021 weight gain meal plan sample week 1 this healthy meal plan is for anyone looking to gain weight and add muscle mass but was designed by chris mohr ph d rd specifically for hardgainers and athletes chris mohr ph d rd