**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Nutrition I Quarterly 2 Review**

***The more effort you put into reviewing, the better your grade will be!***

**Lipids**

What are the primary functions of fat in the human body?

When we consume calories, the body can store them in what two chemical forms?

**Proteins**

Why are carbs a better energy source than proteins?

What are the building blocks of protein?

What is the difference between the 20 amino acids?

What kind of bond attaches amino acids together?

How does a cell know which amino acids to string together?

What would a good nutritionist recommend for an athlete who wants bigger muscles?

How much protein should an adult consume per day?

What kinds of food provide protein to a diet?

What kinds of food sustain satiety?

Who would experience negative nitrogen balance? Positive nitrogen balance?

Define mutual supplementation.

What are the symptoms of marasmus?

How are the symptoms of kwashiorkor different?

Why is protein so vital for someone who is exercising?

High-protein and high-animal product diets are linked to cancer. What should we increase in our diet to decrease our cancer risk?

What is the epigenome?

Describe the symptoms, causes, and treatments for a malnutrition disorder of your choice.

**Vitamins/Water**

Define vitamin.

Define precursor.

What is the best way to be sure to get all of the vitamins, without consuming a multivitamin?

What is the difference between a fat-soluble and water-soluble vitamin? How do they affect the body differently?

Name the fat-soluble vitamins.

Name the water-soluble vitamins.

What vitamin is the most toxic?

In what foods do we find Vitamin A?

What does Vitamin A (and beta-carotene precursor) do for the body?

What food could cause someone to experience Vitamin A toxicity?

What is a symptom of beta-carotene toxicity?

Why have we seen an increase of rickets in the United States?

In what foods do we find Vitamin C?

What are the functions of Vitamin C?

Which group of people should be sure to consume enough folic acid (folate)? Why?

What vitamin are vegetarians most at risk of deficiency for?

What is the most important nutrient for the body?

What is the best fluid source for health?

What percent of the body’s weight is water?

What is the first sign of dehydration?

What part of the body regulates water excretion?

**Digestion**

Why does stomach acid not dissolve the stomach itself?

What is the primary function of the stomach?

Where do we find villi and microvilli? What is their job?

What is the primary job of the kidneys?

When high-fat meals are consumed, what chemical does our body release for digestion?

In what part of the body does food spend the most time?

**Fitness/Dieting**

Is excess fat equally dangerous on all parts of the body? Explain.

What is BMI? How is it calculated?

What are the advantages and disadvantages with using BMI as an accurate judge of health?

What are the health benefits of exercise?

Why are fad diets successful in the short term?

What happens to a person who diets without exercising?

What part of the body signals satiation?

What time of day is it most important to eat, especially if one is trying to lose weight?

What is the key difference between anorexia nervosa and bulimia nervosa?

Be able to:

Use a food label to answer questions about protein and vitamin content

Calculate the calories from protein and percent calories from protein

Identify ingredient sources of protein

Use a restaurant nutrition facts chart to choose the best and worst options

Discuss the connection between dietary choices and diseases such as heart disease, diabetes, and obesity.