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

**Nutrition 1 Quarterly I Review**

**Chapter 1: Intro to Nutrition**

1. How many classes of nutrients are there?

2. Which of these are organic? (Chemistry definition, not grocery-store definition)

3. Which of the nutrients give us energy?

4. What unit do we use to measure energy?

5. If I’m predisposed genetically to heart disease, why does my diet matter?

6. What is a “natural” food?

***Define the following.***

7. processed food

8. phytochemical

9. adequacy

10. What is the major key to evaluating a food?

11. How many calories are in a gram of carbs? Protein?Fat?

12. What can indicate to us that an advertisement is genuine and true?

13. According to MyPlate, what should we eat less of? More of?

14. What are the five MyPlate groups?

15. What is the 5 and 20 Rule?

16. Why do people choose the foods they do?

17. Is it possible to take dietary supplements in place of food? Why or why not?

**Chapter 2: Carbohydrates**

18. What types of foods contain carbs?

19. What are the three monosaccharides?

20. What are the three disaccharides?

21. What are the two common polysaccharides (complex carbs)?

22. Name a fact about:

Fructose

Glucose

Sucrose

Lactose

23. Why would it be better to get our sugar from fruit than candy?

24. What parts of a plant are made of fiber?

25. Where does a plant get sugar from?

26. What are effects of too much fiber?

27. What happens in a healthy body when blood glucose rises?

28. How can we prevent Type 2 diabetes?

29. Why are obesity and diabetes so connected to poverty?

**Chapter 3: Lipids**

30. How do fat molecules differ from each other?

31. Define point of unsaturation.

32. What is the most common group of lipids?

33. What is an example of a sterol?

34. What does fat do for the body?

35. What are triglycerides made of?

36. If a patient wanted to fight their heart disease with diet, what would you recommend?

37. What are the problems with too little fatty acids?

38. What would we look for on an ingredient label to identify *trans* fat?

39. How would we identify saturated fat by looking at it?

40. What is the difference between HDL and LDL?

41. How would we avoid mercury contamination in our seafood?

*Be able to look at a food label, and answer questions about it, including total calories, amounts of nutrients, and be able to use the 5 and 20 Rule to analyze the health of the product. Be able to calculate the number of calories from carbs, protein, and fat. Be able to recognize sources of carbs and fat in the ingredient list.*

*Be able to compare food labels and choose the most nutritious option. Example: which is the best candy bar? Which is the best granola?*