

## Quarterly 3 Study Guide

**Page #**

409-410

What holds the key to maintaining the best possible immune system support?

412-413

How is Heart disease in women characterized?

415

What are the risk factors for CVD?

415

In men, aging becomes a significant risk factor for heart disease at what age?

421

Wherever dietary fat consists mostly of \_\_\_\_\_ fats and fish, fruits, and vegetables are eaten in abundance, blood cholesterol and the rate of death from heart disease are low.

421

What dietary factors are protective against CVD?

422

Resting blood pressure should ideally be \_\_\_\_\_ or lower.

423-424

What are considered risk factors for the development of hypertension?

432

Laboratory studies suggest that diets high in \_\_\_\_\_ seem to promote cancer.

- 413-415      What is the role of plaque formation in the arteries during heart disease development?
- 415            A 45-year-old man who is overweight and has several family members with heart disease is concerned about developing it. Which risk factor does he have the ability to improve or change?
- 416            When trying to reduce the risk of heart disease, the most important risk factor to modify first is:
- 420-421      To help control blood cholesterol you would:
- 421            You are interested in controlling your risk of developing CVD. How would you go about doing this?
- 422-423      What is a major action involving blood pressure levels in the arteries?
- 423-424      Which types of individuals are at highest risk for developing hypertension?
- 425            Jeff is a 54-year-old male who is 5' 6" tall, weighs 165 pounds, and has hypertension. The single most effective dietary measure Jeff can take is to:

456 After cooking, foods should be held at \_\_\_\_\_° F or higher until served.

457 Which of the following is most susceptible to bacterial contamination? Roast, Steak, Chicken, or Ground Beef, and Why?

458 Which of the following groups should avoid all uncooked or undercooked eggs?

1. the elderly
2. healthy adults
3. those who suffer immune dysfunction

Why?

458 To prevent serious illness from consuming oysters you would:

460 Which of the following foods would you **not** choose for a picnic?

1. fresh fruits
2. mixed salad of chopped ingredients
3. breads and crackers
4. canned cheeses

Why?

462-463 How does modified atmosphere packaging protect foods?

462,468 Which of the following terms on a food label does **not** have a specific meaning defined by labeling regulations? *Irradiated, free-range, or organic?*

Why?

464 To avoid poisoning by toxins you would:

- 456,460 The potato salad you brought to the picnic potluck in the park has been sitting out for 4 hours during the meal on a hot sunny day. What should you do with the leftover servings once the meal is finished?
1. take the salad home and transfer into a new container and freeze it
  2. check the salad to see if it has a spoiled smell and throw it away if it does
  3. throw away the leftovers because they have been at an unsafe temperature too long
  4. put it in the refrigerator to cool it before serving again

*Why would you choose this option?*

- 458-459 What can be said about fresh produce and foodborne illness?

- 461 Joe is planning a trip to Mexico and wants to practice food safety while traveling. You would tell Joe to:

- 461-462 When irradiation is used to protect foods from contamination, what happens to the quality of those foods?

- 462 Which of the following is (are) **not** required to bear a label stating that they have been irradiated and why?
1. spices mixed with processed foods
  2. wheat
  3. fresh fruits
  4. fresh and frozen meats

*Rationale:*

- 462-463 You are selecting salad ingredients for your dinner in a grocery store and see puffy sealed plastic bags containing mixed cut salad vegetables. Should you select this product, **Why?**

- 418 Explain how atherosclerosis can make hypertension worse.
- 420-422 Describe dietary and other strategies for reducing risk of CVD.
- 425,435 Describe the DASH diet eating plan, including the types of foods and nutrients emphasized and limited by this plan.
- 432-435 Describe characteristics of diets that are thought to be protective against cancer.