Midterm Review Ch 1-7

The midterm will be given on _____________. Students will have one hour to complete the 50 multiple choice questions. Each student is allowed to only use one 3x5 index card with notes on it during the test. The notes on the index card can be written on both sides and must be handwritten only. Students need a Scantron to mark their answers on and a pencil. Make sure to come to class on time.

Chapter 1
nutrition/malnutrition
essential nutrients
calorie
energy
5 characteristics of a nutritious diet
omnivore/vegetarian
types of foods
nutrition objectives for the nation in 2010
dietary supplements
6 classes of nutrients
organic/ which nutrients are organic?

Chapter 2
Dietary Reference Intake
Daily Values
Dietary guidelines for Americans in 2005
Food label terms
My pyramid
How can the USDA Food Guide Help Me to Eat Well?

Chapter 3
cells
tissue/organs/body system
blood/lymph
intestines/liver/kidneys
hormones
immune system
stomach
digestive system

Chapter 4
complex/simple carbs
where do carbs originally come from?
monosaccharides/disaccharides
starch/glycogen/fiber
Why are fiber rich foods important?
Lactase
type 1 & 2 diabetes
hypoglycemia

Chapter 5
lipid
3 classes of lipids
why is fat important?
Triglyceride
saturated/unsaturated fats
omega 3 and 6 fatty acids
trans fats
cholesterol

Chapter 6
protein
amino acids
essential amino acids
roles of proteins in the body
marasmus/kwashiorkor
results of consuming too much protein
vegan
high quality proteins

Chapter 7
vitamin
fat/water soluble vitamins
list the benefits of the following vitamins: A,D,E,K,C,THIAMIN, RIBOFLAVIN,NIACIN,FOLATE, B6, B12