

Chapter 5: Lipids

1. Describe functions of fat in the body and in foods. (2)
2. Describe the different types, structures, and functions of lipids including fatty acids. (2 multiple choice and 7 matching)
3. Identify food sources of different types of lipids including saturated-, monounsaturated-, and polyunsaturated- fatty acids, and cholesterol. (7)
4. Describe lipid digestion, absorption, and transport in the body. (5 multiple choice and 4 matching)
5. Define atherosclerosis. Identify risk factors for and recommendations to prevent cardiovascular disease. (4)
6. Identify the recommendations for fat intake from the Food and Nutrition Board (Acceptable Macronutrient Distribution Range) and the American Heart Association. (2)

Chapter 6: Proteins

1. Describe the structure of proteins and explain why adequate amounts of all the essential amino acids are required for protein synthesis. (3)
2. Describe protein digestion, absorption, and metabolism. (7)
3. List and describe the functions of protein in the body. (2)
4. Explain protein balance. (3)
5. Characterize foods in terms of protein amount and quality and also identify proteins that are complementary. (4)
6. State the AMDR for protein. Calculate an individual's recommended protein intake (RDA). (3)
7. Describe characteristics and consequences of protein-calorie malnutrition. (2)
8. Describe how genes and nutrition interact and the current reality of using genetic testing to assess an individual's disease risk. (1)
9. Identify the strengths and limitations of vegetarian and meat-containing diets. (3)

Chapter 7: Energy Balance

1. Describe the components of energy expenditure and the factors that affect BMR. (3 multiple choice and 4 matching)
2. Describe BMI and other ways to assess weight, body composition, and fat distribution, and identify their limitations. Calculate and interpret BMI & interpret waist measurements to assess chronic disease risks. (6 multiple choice and 3 matching)
3. Summarize healthy strategies for achieving and maintaining healthy body weight. (7)

Ndfs 100 Study Guide

Tao Wei



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Table of Contents Ndfs 100 Study Guide

1. Understanding the eBook Ndfs 100 Study Guide
 - The Rise of Digital Reading Ndfs 100 Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Ndfs 100 Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Ndfs 100 Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Ndfs 100 Study Guide
 - Personalized Recommendations

- Ndfs 100 Study Guide User Reviews and Ratings
- Ndfs 100 Study Guide and Bestseller Lists
- 5. Accessing Ndfs 100 Study Guide Free and Paid eBooks
 - Ndfs 100 Study Guide Public Domain eBooks
 - Ndfs 100 Study Guide eBook Subscription Services
 - Ndfs 100 Study Guide Budget-Friendly Options
- 6. Navigating Ndfs 100 Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Ndfs 100 Study Guide Compatibility with Devices
 - Ndfs 100 Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Ndfs 100 Study Guide
 - Highlighting and Note-Taking Ndfs 100 Study Guide
 - Interactive Elements Ndfs 100 Study Guide
- 8. Staying Engaged with Ndfs 100 Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ndfs 100 Study Guide
- 9. Balancing eBooks and Physical Books Ndfs 100 Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Ndfs 100 Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Ndfs 100 Study Guide
 - Setting Reading Goals Ndfs 100 Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Ndfs 100 Study Guide
 - Fact-Checking eBook Content of Ndfs 100 Study Guide

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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