

## **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 an 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

**Christian G. Meyer**



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