**Nutrition & Digestion**

1. Approximately how long can a healthy person survive without each of the following (give a reasonable estimate to the nearest second, minute, hour, day, week or month).
2. oxygen
3. water
4. food
5. What is the key difference between anorexia nervosa and bulimia? Are the principle causes of these diseases psychological or physical? Explain.
6. Find out what happens to people who are deficient in the following vitamins:
7. A
8. C
9. D
10. E
11. Minerals are important for the normal functioning of the human body. If the body does not receive enough of a particular mineral a person may become ill; the same is true is exposure to a mineral is too high. For each of the following minerals, list the main symptoms for deficiency and toxicity.
    1. Zinc
    2. Iron
    3. Iodine
12. The appendix is an example of a vestigial organ. What is a vestigial organ? What possible role may the appendix have played in the evolutionary past of humans? Identify three other vestigial organs in the human body.
13. Compare and contrast the dietary needs of the special groups listed below. Present your results as a table.
14. Pregnant women
15. Lactating women
16. Infants
17. Adolescents
18. Aged
19. Vegetarians
20. Athletes
21. Construct a table that compares and contrasts the diet related problems in an affluent society with those of a less developed country. Provide examples of dietary problems and describe the causes.
22. Describe the mechanics of vomiting. Consider the following:

* Describe the role of the abdominal, diaphragm and intercostals muscles and the function of the smooth muscle in the stomach.
* Which part of the brain coordinates the vomit reflex?
* What is the purpose of vomiting?

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