# **Test #3 Review**

Week 11 Lecture (Chapter 7 Nutrition)

Essential Nutrients Definition

Macronutrients Definition

Micronutrients Definition

Three Macronutrients (different types, how they are used in the body, calories)

Carbohydrate Group Classifications

Carbohydrate Breakdown during digestion

Fibre Definition and two types of fibre

Recommended Intake for Macronutrients

Incomplete and complete protein

Amino Acids Definition

Three Micronutrients (different types, how they are used in the body)

Minerals Lacking in Canadian diet

Week 12 Lecture (Chapter 7 Nutrition)

Different types of food groups in Canada’s Food Guide and recommended servings

Macronutrients and Micronutrients provided by each food group

Example of single serving for each food group

Canada’s Food guide recommendations for Vegetarian diet

Food Labels Content

Purpose of food additives

Recommended Macronutrient intake for athlete or highly active individual

Recommended fluid intake for sports

Week 13 Lecture (Ergonomics)

Ergonomics definition

Benefits of Ergonomics to employer

Repetitive Strain Injury Symptoms and risk factors