**Exam Review**

Hi Everyone,

I wanted to provide you with a brief review for the upcoming Nutrition Final Exam. This is only a REVIEW, you are responsible for all of the information we covered from the textbook and course modules.

The exam is NOT open book. Only NON-PROGRAMABLE CALCULATORS are permitted.

The exam may be broken down into different question types:

True/False, Multiple Choice, Short Answer, Essay, Case Studies, and Matching questions

Review:

* Explain functions of sugars, starches, carbohydrates, proteins, fats, iron, water, amino acids, and give examples of the different types
* Explain, identify and differentiate between:
  + complete proteins, incomplete proteins;
  + simple sugars, complex sugars;
  + essential, non-essential nutrients
  + fat soluble and water soluble vitamins;
  + soluble and insoluble fibre; diarrhea and constipation
* positive and negative side effects of alcohol consumption
* HDL and LDL cholesterol levels
* common vitamins and minerals
* calorie, empty calorie, nutrient dense foods
* water as an essential nutrient; functions and benefits
* calculate BMI, BMR, calories
* Canada's guideline for healthy eating
* Reading food labels
* Fat storage areas and distribution in the body
* Components of digestion
* food allergy, allergen, intolerance, anaphylactic shock
* food additives
* different types of fats (healthy vs non) and ways to reduce dietary fat
* different vegetarian diets
* various chronic diseases, symptoms, signs, risk factors, prevention tips, healthy eating
* obesity and its causes
* nutrition misinformation
* different nutrient categories
* calculating calories, carbohydrates, fats and proteins
* food safety- serving, storing, danger zone

Hope this helps!!!

Good Luck!!!!

Sylvia :)