

NTRN 201: MIDTERM STUDY GUIDE

- Exam covers modules 1-9
- There are 50 questions on the exam. You will have 75 minutes unless you have accommodations
- Questions are multiple-choice, matching and true/false.
- Exams are closed book, but you may use a 3 x 5 notecard.
- Exams are taken in class unless you have made prior arrangements due to an approved commitment or academic accommodations.
- The instructors will review any exam questions where >40% of the class missed the question and revise the exam key if necessary.
- Exam grades and correct answers are provided once all make-ups have been completed

STUDY GUIDE QUESTIONS & Terms:

1. What are the different types of nutritional status, and how do they influence health?
2. What are the basic categories of nutrients, and which nutrients fall under those categories?
3. Are there other ways to classify nutrients? If so, how?
4. What are the different forms of proteins, lipids and carbohydrates? Ex. Glucose is a carbohydrate
5. What are the primary functions of macronutrients and micronutrients?
6. Definitions:
 - Hunger
 - Appetite
 - Nutrition
 - Essential nutrient
 - Fat-soluble vitamin
 - Water-soluble vitamin
 - Food borne illness
 - Macronutrient
 - Micronutrient
 - Obesity
 - Overweight
 - Malnutrition
 - Daily Value (DV)
 - Adequate Intake (AI)
 - Dietary Reference Intake (DRI)
 - Nutrient density
 - Energy density
 - Metabolism
 - Catabolism
 - Anabolism
 - Saliva

- Gastric juice (acid)
 - Bile
 - Vili
 - Peristalsis
 - IBS
 - GERD/Heartburn
 - Celiac disease
 - Glycogen
 - Polysaccharide
 - Amino acid
 - Triglyceride
 - Functional fiber
 - Soluble fiber
 - Insoluble fiber
 - Complete protein
 - Incomplete protein
 - Complementary protein
 - Monounsaturated fat
 - Polyunsaturated fat
 - Saturated fat
 - Trans fat
 - Phospholipid
 - Cholesterol
 - Stroke
 - Heart attack
7. What are the basic functions of carbs, fats, protein, water, vitamins and minerals?
 8. How many kcals per gram in each of the nutrients that provide calories?
 9. How do you calculate calories from carbohydrate, protein, and fat? Consider a single food or meal.
 10. Nutrition is a lifestyle factor for what types of chronic diseases?
 11. How does the SAD measure up to the dietary guidelines? How can we improve?
 12. How can you tell if nutrition information is reliable?
 13. What is the purpose of the Dietary Guidelines for Americans?
 14. What is MyPlate and who does it apply to?
 15. Who regulates food labels and what information would you find on a food label?
 16. What are the digestive organs and their functions?
 17. What are the three sphincters located in the GI tract and their functions?
 18. What is the path food travels in the digestive system?
 19. What role does mucus play in the stomach during the digestive process?
 20. Where is bile stored and what function does it serve?
 21. What role do villi play in nutrient absorption?
 22. What is the site in the GI tract where most digestion takes place?
 23. What are the main digestive enzymes and what role do they play?
 24. What are the four types of transport used in digestion?

25. How are sugars categorized?
26. Glucose is critical for what cells as an energy source?
27. What happens metabolically if you do not eat enough carbohydrate?
28. What enzyme aids digest in carbohydrate digestion in the mouth?
29. What is glycemic index?
30. What are the risk factors for type II diabetes?
31. If an amino acid is unavailable for protein synthesis, what occurs?
32. What eight foods are the major sources of proteins that cause food allergies?
33. What are the three basic steps of how proteins are made?
34. Where does the chemical digestion of protein begin?
35. What is protein balance?
36. What nutritional risks are there for vegans?
37. What is the RDA for protein?
38. What are the consequences of inadequate protein intake?
39. What are the functions of fatty acids in the body?
40. Which fatty acids are essential?
41. What are the dietary sources of essential fatty acids?
42. What are dietary sources of: essential fatty acids, polyunsaturated fats, monounsaturated fats, saturated fats, cholesterol, trans fats?
43. What are cell membranes primarily made up of?
44. Where does digestion of lipids occur?
45. What is the name of the dietary fat-carrying lipoprotein and what system does it travel through?
46. What is a lipoprotein and what are the functions of a lipoprotein?
47. Describe the function of LDL and HDL and how diet affects each.
48. What are the recommendations for Trans fatty acid intake? Saturated fatty acid intake?
49. What is considered a standard drink?
50. How is alcohol digested, metabolized, and absorbed?
51. What are the benefits and risks associated with alcohol consumption?
52. How many calories per gram does alcohol have?
53. Does blood alcohol level rise faster on an empty stomach or with food?
54. What is going on in the body during a hangover? What systems are disrupted?
55. What is energy balance?
56. What 3 foundational strategies are required for successful weight loss (non-surgical, without medication)
57. How are BMI and body composition different?
58. Can you have a normal BMI and be obese?
59. What fad diets were presented before the midterm? Describe the central concept of the diet, ex. Keto -> low carb, promotes ketosis