

1. You are trying to convince a friend to eat a healthier diet. Describe what a plate could look like for a meal that includes the basic nutrients and calories needed for healthy cellular function. You could use the food pyramid or "MyPlate" as guides.

My answer: Half of the plate should be fruits and vegetables. A little more than a quarter of the plate should be grains, and the rest of the plate is protein. There should also be a cup of dairy. Protein does not always have to be from meat. Beans are a great source. If your lactose intolerant, replace the dairy with something with a good source of calcium. The important thing is to not suddenly remove part of your diet because that can lead to malnutrition.

2. Describe lactose intolerance, including (A) what it is, (B) why many people have it, (C) the effects on the body, and (D) why some people can tolerate dairy into adulthood.

My answer: A. Not having the enzymes to break down lactose, which is a sugar | B. Many people have it because they lost the ability to produce those enzymes. Kids have them because they are mammals that drink from mammary glands. But as we grow older, we don't depend as much on milk, so the enzyme production shuts down. | C. it changes the movement of our digestive system because we can not digest it. Constipation, bloating, or diarrhea can happen | D. Lactose intolerance is recessive so both parents can drink milk, but their children might not be able to.

3. Select either GERD or gastritis, and describe (A) the organ(s) that is/are involved, (2) the possible causes, and (3) the possible impacts.

My answer: Gastritis is inflammation of the stomach lining. It can be caused by helicobacter pylori, alcohol, NSAIDs (nonsteroidal anti-inflammatory drugs). NSAID goes around the body through the blood and goes to locations where it works, it works on location on location in anti-inflammatory manner, but where there is concentration in the stomach, it actually can cause inflammation. This can lead to a break in the epithelial lining in the stomach (gastric/peptic ulcer).

4. From your video notes, identify each of the three disorders indicated in the model (A, B, and C) and briefly describe each disease (what is happening to the organ).

My answer: Appendicitis: infection/inflammation of appendix | Diverticulosis: weakening of smooth muscle reducing ability to contract large intestine | Tumor/Polyps: developing into cancer. can be from a decrease in dietary fiber