1. A major reason we must eat and drink regularly is acquire the nutrients needed to provide ________, make ____________, and regulate ______________.

2. List the six (6) major classes of nutrients.

3. What is ingested determines the amount of calories we take in. Give an accounting as to the contributions of each type of nutrient below. Carbohydrate ___ kcal/gm ~ Alcohol ___ kcal/gm ~ Water ___ kcal/gm ~ Protein ___ kcal/gm ~ Fat ___ kcal/gm ~ Vitamins ___ kcal/gm

4. _______________ nutrients cannot be manufactured by the body and so must be obtained from our diet.

5. Which of the six major classes of nutrients in not “essential.”

6. The primary function of carbohydrates is ________________.

7. Simple carbohydrates are digested and absorbed quickly.  T/F

8. Insoluble fiber has a laxative effect.  T/F

9. Complex carbohydrates tend to contain higher levels of fiber, vitamins and minerals than simple carbohydrates.  T/F

10. Complex carbohydrates have a sweet taste.  T/F

11. List the four main functions of lipids in the diet.

12. Name an essential saturated fat.

13. List some vital functions of cholesterol in your body.

14. Which essential fatty acid leads to the production of an anti-inflammatory prostaglandin?

15. This type of lipid increases the risk of cancer and cardiovascular disease by contributing to the production of defective plasma membranes.

16. The major role of proteins is _________________.

17. ______________, an organic trace nutrient, contain the element ________ and are sensitive to the heat of cooking.

18. The first ingredient listed on a package label is the most abundant by ____________.

19. Unlike the 1992 Food Pyramid, the 2005 version emphasizes the importance of _______________ foods and _______________.

Nutrition HW
Dr. J. Lim
Nutrition HW KEY

1. A major reason we must eat and drink regularly is acquire the nutrients needed to provide energy, make building blocks, and regulate body functions.

2. List the six (6) major classes of nutrients. Carbohydrates, lipids, proteins, vitamins, minerals and water

3. What is ingested determines the amount of calories we take in. Give an accounting as to the contributions of each type of nutrient below. Carbohydrate 4 kcal/gm ~ Alcohol 7 kcal/gm ~ Water 0 kcal/gm ~ Protein 4 kcal/gm ~ Fat 9 kcal/gm ~ Vitamins 0 kcal/gm

4. Essential nutrients cannot be manufactured by the body and so must be obtained from our diet.

5. Which of the six major classes of nutrients in not “essential.” carbohydrates

6. The primary function of carbohydrates is energy production.

7. Simple carbohydrates are digested and absorbed quickly. True

8. Insoluble fiber has a laxative effect. True

9. Complex carbohydrates tend to contain higher levels of fiber, vitamins and minerals than simple carbohydrates. True

10. Complex carbohydrates have a sweet taste. False

11. List the four main functions of lipids in the diet. energy source, protection/insulation, cell membranes, vitamins/hormones

12. Name an essential saturated fat. There are none

13. List some vital functions of cholesterol in your body. sex hormones, PM, vit D, bile

14. Which essential fatty acid leads to the production of an anti-inflammatory prostaglandin? omega-3 unsaturated fatty acid

15. This type of lipid increases the risk of cancer and cardiovascular disease by contributing to the production of defective plasma membranes. trans fatty acid

16. The major role of proteins is providing structural building blocks.

17. Vitamins, an organic trace nutrient, contain the element carbon and are sensitive to the heat of cooking.

18. The first ingredient listed on a package label is the most abundant by weight.

19. Unlike the 1992 Food Pyramid, the 2005 version emphasizes the importance of whole grain foods and physical activity.