

W4: Nutrition of the Student

1. What are Estimated Energy Requirements (EER)?
2. Basal Metabolic Rate and Resting Metabolic Rate are not the same test; what makes them different?
3. What are the five categories in the government's ChooseMyPlate.gov recommendation?
4. List 3 reasons why choosing vegetables may be difficult?
5. All vegetables are carbohydrates. (T/F)
6. Nutrient-dense is the opposite of empty-calorie. (T/F)
7. Name two fruits that contain high levels of potassium.
8. Which are healthier, refined grains or enriched refined grains?
9. Grains turn into _____ in the body to be used as fuel.
10. In order for the body to be able to absorb calcium, milk also provides what vitamin?
11. Name at least 2 functions of proteins in the body.
12. What oil is mostly found in fish?
13. In hyperglycemia, blood sugar is too high or too low?
14. What type of diabetes is due to the inability to produce insulin?
15. Which is healthier for you, polyunsaturated fats or trans-fats?
16. Too much sodium has no effects on the body T/F?
17. What is considered an average/normal blood pressure.
18. Alcohol is not considered a psychoactive drug T/F?
19. Caffeine is not considered a drug T/F?
20. What organ is most affected by cirrhosis?
21. What is the primary cause of cirrhosis?
22. Blueberries are considered good for brain health T/F.
23. The vitamin/supplement _____ is found in white rice.
24. The typical health perspective represents a nutritious diet (T/F)
- 25. What slogan does the government use for health guidance for planning meals?**