

Biol-1400
Study Guide Chapter 1
The Basics of Nutrition

1. Why should you care about your diet?
2. What are the six classes of nutrients?
3. What are the three key features that help identify an essential nutrient?
4. Do non essential nutrients provide healthful benefits? Explain: fiber and phytochemical.
5. How can Americans reduce their risk of serious chronic diseases? What type of diseases
6. How has our consumption of milk and carbonated drinks changed in the past 50 years? Is this good? Explain
7. How many Calories (not calories) are in a gram macronutrients?
8. What are the 10 Key Basic Nutrition Concepts?
9. What happens to whole wheat when it is refined?
10. What factors contribute to under nutrition?
11. Metric Worksheet