NDFS 100 Exam Review 1
Use the Study Guide!

****If you study everything on the guide, you will be good on the test.

- Chapter 1 — 11 questions
  - Final Exam is 50 Scantron Bubbles
  - 1.1 Identify the ways that nutrition affects health
    - List the top 10 causes of death and nutrition related
      - Heart disease, cancer, stroke, diabetes, pneumonia, influenza, kidney disease, chronic lung disease, liver disease
      - The other 5 are accidents and homicide and the last one is suicide, then one also disease and kidney problems
    - Nutrition plays a big impact on some diseases
  - 1.2 Identify the six major nutrients, study notes on the body and their sources, where in the body they are metabolized and stored
    - Carbohydrates (Where, sources, how are they measured, generic definition, glucose, polymer)
    - Fats (Where, sources, how, generic definition, energy over time)
    - Proteins (Where, sources, how, generic definition, amino acids, essential, growth and maintenance)
    - Water (Where, sources, generic definition, energy, flushes out toxins)
    - Vitamins (Where, maintenance, generic)
    - Minerals (Where, maintenance, generic)
  - Chapter 2
    - Calories in
    - Basically everything you eat is basically everything
  - Essential FFA
    - Body can't make it so we eat it
  - CHO Quality
  - CHO Provide
  - Carbohydrate calorie ignore
  - Protein calorie ignore
  - Fat Provide calorie ignore
  - Alcohol (Ethyl Alcohol) Provide calorie ignore
  - 2.3 Define and distinguish the 3 characteristics of a healthy diet: Adequate
    - **Adequate:** Eat enough of a nutrient
    - **Balance:** Eating a balanced diet from all the food groups
    - **Calorie Control:** Don't eat too much food or too many

Ndfs 100 Study Guide

Joacim Rocklöv

Ndfs 100 Study Guide:

Decoding **Ndfs 100 Study Guide**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Ndfs 100 Study Guide**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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