

# Nutrition – college essay essay



**ASSIGN  
BUSTER**

1. (TCO 2) In the body, the major storage sites for glycogen are the: (Points : 1) | Muscles and liver. kidney and muscles. liver and kidney. liver and pancreas. | 2. (TCO 2) Which of the following enzymes is found in the mouth? (Points : 1) | Lactase Maltase Pancreatic amylase Salivary amylase | 3. (TCO 2) After a meal, which hormone is responsible for moving glucose into the body's cells? (Points : 1) | Glucagon Estrogen CCK Insulin | 4. (TCO 1) What is the major monosaccharide found in the body? (Points : 1) | Glucose Fructose Galactose Glycogen | 5. TCO 2) \_\_\_\_\_ is a technique employed by some endurance athletes to increase their storage of muscle glycogen. (Points : 1) | Ketosis Carbohydrate loading Glycogen surging Gluconeogenesis | 6. (TCO 2) In the absence of a carbohydrate, \_\_\_\_\_ are produced from the incomplete breakdown of body fat. (Points : 1) | amyloses amylases ketones bacteria | 7. (TCO 2) Which of the following BEST describes the glycemic index? (Points : 1) | An individual's glucose/insulin ratio in a fasted state The amount of insulin required to metabolize 100 grams of glucose The glucose content of a given food

The extent to which a given food raises blood glucose and insulin | 8. (TCO 2) Which of the following are substances in plant foods that are not absorbed by the body? (Points : 1) | Starch Disaccharides Dietary fiber Simple sugars | 9. (TCO 3) Which of the following is TRUE regarding Type I diabetes? (Points : 1) | Its increased prevalence is linked to the rise in obesity. Therapy typically is limited to the use of hypoglycemic medications. It has only been diagnosed in individuals over the age of 20. Because individuals do not produce any insulin, treatment always involves insulin therapy. 10. (TCO 3) Lactose intolerance is due to a(n): (Points : 1) | deficiency of lactose.

deficiency of lactase. deficiency of the GI flora (healthy bacteria). allergy to casein (milk protein). | 11. Stress is bad for you and we should avoid it. (Points : 1) | True False | 12. Briefly explain (in your own words) what gluconeogenesis is. (Do NOT copy and paste from your book. ) Why is understanding this process important when considering carbohydrates? (Points : 2) | 13. How much fiber should you consume in your diet? List two benefits of eating fiber. (Points : 2) | 14.

Studies have shown that diets high in sugar can lead to \_\_\_\_\_ in children. (Points : 1) | hyperactivity Diabetes I tooth decay all of the above | 15. List the three hormones that are responsible for our response to stress. (Points : 2) | 16. Briefly explain the importance of stretching and cooling down from exercise. (Points : 1) | 17. Peter loves to play golf, tennis, and swim. During the winter months, he enjoys brisk walks with his dog even in incimate weather. To be defined as physically active, Peter needs to do these activities every other day for at least 30 minutes (minimum 4 times a week). (Points : 1) | True False |