

Nutrition and health exam questions



**ASSIGN
BUSTER**

1. What is nutrition? Why is nutrition essential to our daily lives? | Nutrition is defined “ as the science that links foods to health and disease. “ Nutrition is also called nourishment that provides food for support of life. Nutrition involves the process of humans ingesting, digesting, absorbing, and excreting food substances. Food provides energy in the form of calories needed to maintain all body cells.

Nutrients are the substances obtained from food that are an important factor to promote growth & maintain a healthy body through an individual's life. | 2. What is the connection between nutrition and health? | Nutrition is an important lifestyle factor that promotes growth and maintains a healthy body throughout an individual's life. If an individual lives a sedentary life style and maintains a poor diet he/she will become at risk for developing life threatening diseases varying in different conditions from chronic and acute.

Examples of such diseases included but not limited to be heart disease, diabetes, high blood pressure, and cancer. Life threatening diseases mentioned above and other disorders will & may contribute too many deaths Risk factors such as hereditary, life style choices or poor nutritional habits also contribute to life threatening diseases. | 3. What are the six classes of nutrients? What are essential nutrients? What are the sources of nutrients?

What do nutrients do? | The six classes of nutrients include: Carbohydrate— composed of hydrogen, carbon, & oxygen provide a major source of calories for the body Lipids (fats & oils)—made up of carbon & hydrogen- used for main energy storage in the body Proteins- made up of oxygen, hydrogen & carbon-nitrogen- makes up structure of body- muscles, bones, cells, blood, body cells, enzymes, and immune factors.

Vitamins—can be made up of carbon, hydrogen, oxygen, nitrogen, phosphorus- allow for chemical reactions in body
Minerals—functioning play an important role in the nervous system, water balance, structural systems, and many other cellular processes, but yield no calories as such for the body.
Water - transports nutrients and waste-regulates temperature, acts as a lubricant and solvent for the body
The sources of nutrients include plants sources from fruits & vegetables, Nutrients can provide individuals with calories to meet energy needs; are very essential for growth, development, maintenance, & to assist in maintaining healthy body functions. | 4. How do vitamins and minerals work? | Vitamins allow for & enable many chemical reactions to occur in the body. Some of these reactions help release the energy trapped in carbohydrates, lipids, and proteins. While the consumption of vitamins is beneficial to our bodies, over consumption of vitamins is dangerous and can be fatal.

Minerals—functioning play an important role in the nervous system, water balance, structural systems, and many other cellular processes, but yield no calories as such for the body| 5. What does it mean to eat a balanced diet? Why is food choice important for good nutrition? | To consume the daily required amounts of nutrients from the six major food groups on a daily basis- see below: Vegetables, Fruits, Milk, Meat, Beans, and Oils
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A balance diet mean eating different types foods and a variety of food groups. This means eating the proper portion size. When eating a balance

diet the individual must eat the right amount nutritious.. | 6. What is undernutrition? What is overnutrition? | Undernutrition occurs when nutrient intake does not meet nutrient needs. For example if an individual's iron level becomes low symptoms indicating low levels may not be noticed immediately- Follow up lab work with a physician would determine problem therefore requiring tx.

Overnutrition is defined as “ prolonged consumption of more nutrients than the body needs. ” “ The most common type of overnutrition in developed nations is an excess intakeof calories often leading toobesity. “| 7. Why is physical activity important as it relates to nutrition and health? | When an individual engages in physical activity, it decreases the sedentary life, promotes healthy emotional well being while maintaining a healthy body weight. Physical fitness is very important in order to be fit an individual must us proper nutrition.

The effect various based on the nutrients that affect the body. When the body needs to repair and grow it uses protein. The body uses carbohydrates during physical activity as an energy source. When an individual is fit the body uses its nutrition to help heal and main certain hydration when conducting physical activity. Healthy physical activity helps the individual sleepy at night, possible live longer, feel better, healthy weight. | 8. Where might you find dietary recommendations? What are the recommended dietary allowances (RDA)? What are dietary reference intakes (DRIs)? The dietary recommendations can be found in the DRIs. The recommended dietary allowances (RDA) are the recommended allowances of nutrients that are based on meeting the needs of individuals in a certain age and gender

group. Dietary reference intakes (DRI) is a group of terms that define nutrient needs. Included in the DRI are RDA- recommended daily allowances; Als-adequate intakes; EERs-estimated energy requirements; &TUIL –tolerable intake levels. | 9. The United States Department of Agriculture created a diagram titled MyPlate. What is this diagram?

Why should someone study this diagram? | The My Pyramid is a diagram designed by the United States Department of Agriculture used to translate nutrient recommendations into a food plan that provides a variety, balance, and moderation of nutrients for individuals. If individuals utilize and incorporate this diagram into their plan for healthy eating, it will help them maintain a healthy living lifestyle and body weight therefore decreasing the risk of life threatening diseases. In following this diagram, individuals may live a longer healthier life. | 10. What are some tools for diet planning? |

The MyPyramid symbolizes is a personal approach to physical activity along with healthy eating habits. The basic symbol is designed to help remind individuals to start making better food choices when deciding which foods to eat on a daily basis. The MyPyramid symbols recommend foods from each food group. The groups are, Vegetables, grain, milk, Fruits, Beans, and Milk, when using the food groups properly this should provide an individual a healthy meal. The last element that was added to the My Primide is physical activity, this element illustrate the gradual improvement when working in moderation to achieve a healthy goal.

The ultimate use for the MyPyramid is to give individuals a quick guide to how much and the portion size an individual should eat. This is based on the food group, gender, age, and the various activity physical levels. The

Mediterranean diet Pyramid is data from the Mediterranean region that has the lowest chronic diseases along with the highest adult life expectancy. This is basic epidemiological and natural research. This Pyramid emphasize the benefit of plant food such as fruits, grain, vegetables, nuts, legumes, olives, seeds and olive oil, and emphasize the benefit of eating fish. 11. What is the calorie intake calculator? What factors does this calculator take into account?

| The calorie intake calculator is a formula that is used to determine an individual's caloric maintenance. The calorie intake calculator takes an individual's height, age, sex, current weight, gender, and the amount of weight that an individual wants to lose into account. There are many different formulas you can use to determine your caloric maintenance level.

When your RDI is set the food recipes, meals as a food diary for the individual and this information will display in the RDI. | 2. What are some dangers associated with dieting? | While dieting can be beneficial to individuals, it can also be very dangerous. There are many problems that can arise as a result of dieting. Nutritional deficiency is one the major risks when dieting. If an individual is on a fad diet and eating small portions of food, it will result in nutritional deficiency. If an individual is on a low carbohydrate diet, it can cause high blood pressure with the release of unhealthy ketones. If these ketones are released, it can cause nausea and weakness. | 13. What is the best way to lose weight?

Explain your answer and provide at least one source, formatted consistent with APA guidelines, to support your answer. | The best way to lose weight is to understand how to select a healthy eating plan. When an individual eats a healthy diet, it provides the body required nutrients in which to perform to

the best of their ability. Once the plan is understood and planned out it can be implemented. The individual can benefit from following the plan therefore reducing the risk of having life threatening diseases. Reference | 14. How does exercise influence body weight? |

When individuals exercise on a regular basis, it helps reduce weight & maintains weight loss. In order to maintain a healthy lifestyle & fight obesity an individual must maintain a good diet, and work out program. Research has proven that if individuals eat a nutritious meal & exercise on a regular basis, they can lose a significant amount of weight, improve cardio vascular, feel more energetic better than men and women who lead/live a sedentary life. | 15. Consider your personal dietary habits. What are some modifications you might make to promote good health? I personally have lost a significant amount of weight recently and was able to do so by reducing the portions of my food by half at each meal, cutting out sweets, breads, drinking lots of water (~ 8 glasses daily) –stopped eating at fast food restaurants on regular basis- not eating past 7: 00 pm --snacking on foods like vegetables, yogurt, salads, fruits in between meals. I do not deny myself food when feeling hungry – just eat in moderation. I have recently joined a fitness gym and am incorporating an exercise regime to maintain my weight loss and tone my body. 16. How does today's society affect our nutritional habits? | In today's society fast food has become a regular part of our daily life. Everywhere you turn you see a variety of fast food restaurants enticing individuals to eat out. Daily routines and lack of time do not allow for some individuals to prepare healthy meals. It is much easier or even cheaper to eat out Some restaurants

are now serving healthier menus. It is up to individuals to make the choice of how they choose to eat healthy or unhealthy. |