

Exam I Study Guide
FDNT 10 – Instructor: Sanna Delmonico

The exam will be based on topics covered in lecture. Study your notes and the related material in the handout(s) and text book. This exam will be 100 points total: 50 multiple choice questions (1 point each), and 50 points short answer questions.

BRING A SCANTRON FORM, #2 PENCIL, AND CALCULATOR TO THE EXAM

Topics to study	Material to study
Food Choices and Human Health Nutrition and disease prevention – nutrition affects some diseases but not others The six categories of nutrients Calories per gram in protein, fat, carbohydrate Characteristics of a nutritious diet Factors that influence a person’s food choices Nutrition research designs, control vs experimental group, placebo	Chapter 1 page 2-20
Nutrition Standards and Guidelines The Dietary Guidelines MyPyramid – food groups, which foods fit into which group DRIs – what is the purpose of the DRIs? UL, EAR, RDA, Daily Values Food Labels – what is required to be on food labels? Nutrient density	Chapter 1 page 14-17 MyPyramid handout Chapter 2 page 28-33 and page 41-51
Digestion and Absorption Organs involved in digestion and absorption and their functions Mechanical and chemical digestion Common digestive problems: gas, heartburn, constipation, diarrhea	Chapter 3 page 74-89 Diagram of digestive tract (10-point project)
Carbohydrates Simple carbohydrates: sugars, monosaccharides, disaccharides Complex carbohydrates: starch, glycogen, fiber (soluble and insoluble fiber) How soluble fiber lowers blood cholesterol DRI recommendation for carbohydrate intake ADA recommendation for fiber intake Whole grains vs refined grains Enriched vs fortified Carbohydrate digestion Lactose intolerance (cause, symptoms, etc)	Chapter 4 page 99-120
Diabetes Mellitus Insulin, glucagon (functions, where are they produced) Type 1 vs Type 2 diabetes (causes, who is affected, characteristics, treatments)	Chapter 4 page 121-129
Lipids Triglycerides, Phospholipids, Sterols Functions of fat in body and in food Polyunsaturated, monounsaturated, trans fats, omega-3 fats, and saturated fats (food sources, health effects) Lipid digestion Cholesterol (LDL, HDL) in the blood Essential fatty acids	Chapter 5 page 139-171