

Final Exam Study Guide FDNT 10 – Sanna Delmonico

FINAL DATE AND TIME: _____

The exam will be based on topics covered in lecture. Study your notes and the related material in the text book. This exam is 150 points. It will have 50 multiple choice questions (1 point each), and 50 points short answer questions on the material we have covered since the second exam. An additional 50 points in multiple choice questions will be **CULMULATIVE** from the entire semester.

BRING A SCANTRON FORM, #2 PENCIL, AND CALCULATOR (no cell phones)

Topics to study	Materials
Water - Sources of water and ways water is lost from the body Symptoms of dehydration Minerals – food sources and major roles of minerals Grams, milligrams, micrograms Bioavailability Factors/substances that increase and decrease mineral absorption (fiber, phytate, oxalate, heme vs non-heme iron, vit. C, competition for abs., etc) Osteoporosis – who gets it? What can you do to decrease risk? Peak bone mass DASH diet – characteristics Iron deficiency – who is at risk? Consequences	Chapter 8 p. 264-301 p. 303-310 Handout on DASH in Reader
Nutrition & Physical Activity Benefits of physical activity / 3 components of fitness Preventing dehydration (2 cups = 1 pound)	Chapter 10 p. 360-383
Alcohol - What is “moderate” drinking? Health consequences of long-term alcohol abuse Caffeine - How caffeine affects the body How much is “moderate” caffeine intake	p. 91-98 p. 554-557
Pregnancy & Lactation How nutrition of the mother affects fetus Problems with low birth weight Components of weight gain Pregnancy complications (morning sickness, heartburn, constipation, gestational diabetes, preeclampsia) Benefits of breastfeeding	Chapter 13 p. 482-512
Childhood Nutrition When to start solids, developmental readiness Nutrition concerns: iron deficiency, nursing bottle caries, choking, food allergies (common allergens) “Balance of Power” for feeding children Parents: what, when Child: how much, whether	Chapter 14 p 520-533 “Sharing Food Tasks” video
Eating Disorders Characteristics & health consequences of: Anorexia nervosa Bulimia nervosa Binge eating disorder	p. 351-357
Nutrition in Older Adults Changes with aging that affect food intake and nutrition	Chapter 14 p 538-550
Food Safety & Technology Preventing food-borne illness (kitchen safety, “danger zone” temps) Sustainable seafood (fish farming, overfishing, mercury) Genetic modification of food (potential benefits and concerns)	Chapter 12 p 434-480 Chapter 15 p 560-575 (only topics we covered in class) Video on Sustainable Seafood
CULMULATIVE SECTION – 50 POINTS MULTIPLE CHOICE	Study your notes and exams one and two