

STUDY GUIDE- EXAM 1
HEA 151
SUMMER 2010
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The following are items to study from lecture notes, including handouts and items in the book.

This isn't an all inclusive list but at least gives you some topics to focus on.

The exam will be multiple choice, true/ false, and matching

No need to bring a scan tron.

DO BRING A CALCULATOR!!

- Dr. Prochaska Stages of change -handout
- What is Basal Metabolic Rate? (BMR) – handout (DO NOT NEED TO MEMORIZE CALCULATION)
- Hunger satiety scale- handout
- Reasons why the scale lies- handout
- “Wetsuit picture” – handout -how quickly things turn over in our body

CHAPTER 1 and 2

- Why people eat the way they eat, what is the # 1 reason?
- What % of restaurants have an ethnic base?
- Body Composition- what percentage of our body is made up of water
- Metric Conversions!!!!
- Essential nutrients (need from outside the body)...vitamins (13) and minerals (16)
- Energy in foods- (cals per gram) for carb, protein, fat, alcohol. How to calculate calories based on the label information provided.
- 6 classes of nutrients
- Research terms- experimental, control, double blind, placebo effect
- What is RDA?
- Nutrition assessment- historical data, anthropometric data, physical exam, lab tests
- SOAP note- subjective, objective, assessment, plan (from lecture notes)
- What is the #1 killer of women?...heart disease, not breast cancer
- Good websites..ORG, EDU, GOV
- Diet Planning Principles ABCDMV- Adequacy, Balance, Calorie control, nutrient Density, Moderation, Variety
- What is mypyramid.gov?
- Different terms for vegetarian...lacto, ovo, vegan, “pesca”

CHAPTER 3 – DIGESTION

- DEFINITIONS- digestion, absorption, mastication, bolus, peristalsis, reflux, enzyme
- PH info...saliva, stomach acid, etc
- Gastric juice, pancreatic juice, bile...what their function is
- Where are most nutrients absorbed?

- Where they go afterwards once they get into the villa
- ANATOMY- villi, microvilli,
- Food combining myth
- Hormones that regulate digestion- gastrin, secretin, CCK
- Digestive health –3 items
- Digestive illnesses- IBS, Colitis, etc

Bonus- “lisa-isms”

LDL are losers

HDL are heros

Fiber without water = cement

15 grams of carbohydrate raise blood sugar 30-45 points