**Review for Test 1**

**Words to Know:**

Wellness optimum health risk factor nutrients peristatsis

Macronutrients micronutrients simple carbohydrates complex carbohydrates

Complete protein incomplete protein trans fats water soluble vitamins

Fat soluble vitamins trace minerals major minerals enzymes

Digestion GI tract calorie villi

Duodenum bolus chyme bile

Absorption metabolism colon digestive disorders

1. Define wellness. Does it include only your physical health? Explain.
2. What is the “wellness continuum”? Identify the 2 extremes.
3. Give an example of each of the following:
   1. Physical wellness
   2. Mental wellness
   3. Social wellness
4. How do risk factors contribute to premature death? Give an example.
5. Give examples the following influences on eating habits or food choices:
   1. Religion
   2. Peers
   3. Culture
   4. Emotions
   5. Family
   6. Media
   7. Economics
6. How much energy do each of the following provide:
   1. Most carbohydrates
   2. Insoluble fiber
   3. Protein
   4. Fat
7. What type of carbs (simple or complex) are considered the “good carbs”? Why?
8. Name 2 types of protein, explain the difference and give examples of each.
9. What is one easy way to distinguish between saturated and unsaturated fat? Tell which one is best for your heart health.
10. What are the main organs along the GI tract? Put them in order. Approximately how long is it in total?
11. Give examples of mechanical and chemical digestion? Where does the majority of digestion take place?
12. What 4 vitamins are fat soluble? What 2 are water soluble?
13. What does bile do? Where is bile produced and stored?
14. Name some digestive disorders, tell what it is and identify the cause of the problem.