

Nutrition 120 Exam Review: Unit 3 Fats

Terms:

Lipid	Phospholipid	Lipoprotein
Triglyceride	Lecithin	LDL “bad” cholesterol
Fatty acid	Emulsifier	HDL “good” cholesterol
Saturated	Sterols	Coronary heart disease
Unsaturated	Cholesterol	Plaque
Monounsaturated	Essential fatty acid	Atherosclerosis
Polyunsaturated	Linoleic and linolenic acid	Heart attack
Hydrogenation	Adipose tissue	Stroke
Trans-fatty acid	Chylomicron	emulsifier

Review Questions:

1. Name 2 controllable and 2 uncontrollable risk factors associated with heart disease.
2. What happens in an artery that contains a buildup of plaque, compared to a normal artery?
3. Name and explain each of the three classes of lipids and the differences between them.
4. Explain the difference between a saturated and an unsaturated fatty acid, monounsaturated and polyunsaturated fatty acids. Give an example of each.
5. Explain the difference between “good” and “bad” cholesterol.
6. What happens to blood pressure when arteries are narrowed?
7. How are trans-fats created and what influence do they have on your health?
8. If you are consuming a 2000 calorie diet how many of your calories should come from fat?

Nutrition 120 Exam Review: Unit 4 Proteins

Terms:

Protein	Amino acid	Denaturation
Essential amino acid	Nonessential amino acid	Legume
Incomplete protein	Complementary proteins	Complete protein

Review Questions:

1. Describe two functions of proteins in the body.
2. Explain the difference between a complete and incomplete protein. What are some examples of complete and incomplete proteins?
3. Name three sources of plant proteins, and 3 sources of animal proteins.
4. What percentage of daily calories should come from protein?
5. How can vegetarians and vegans meet their needs for proteins?
6. How can a diet that is very low in carbohydrates and fats affect the way the body uses protein?