

Human Physiology 110: Wellness Review

Be familiar with the following definitions:

Wellness	Optimum health	Premature death	Life Expectancy
Physical health	Mental health	Social health	Acute Stress
Chronic Stress	Stressor		

Answer each of the following questions:

1. What points lie at each end of the wellness continuum?
2. What are some situations that could lead to premature death?
3. What is wellness?
4. What are 5 factors that affect your life expectancy? Which are controllable and which are uncontrollable?
5. List and explain each of the 3 components of wellness.
6. What are the 7 aspects of the wellness wheel? Explain and give an example of each.
7. Explain the difference between chronic and acute stress.
8. List some examples of physical and emotional stressors.
9. What is recommended in terms of physical activity for students your age?
10. What is the difference between moderate and vigorous intensity activities?
11. How many hours of sleep do students your age need?
12. List the 6 problems with our eating habits. What can we do to reduce these problems?
13. What are the 6 nutrients we need in various quantities in your diet.
14. Given the following nutrition label for Oreo Cookies answer the questions that follow.

Ingredients: SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), HIGH OLEIC CANOLA OIL AND/OR PALM OIL AND/OR CANOLA OIL, AND/OR SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, CORNSTARCH, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN (EMULSIFIER), VANILLIN - AN ARTIFICIAL FLAVOR, CHOCOLATE. CONTAINS: WHEAT, SOY.

Nutrition Facts			
Serving Size 34g			
Servings per Container about 15			
Amount Per Serving			
Calories	160	Calories from Fat	60
% Daily Value*			
Total Fat	7g		11 %
Saturated Fat	2g		10 %
Trans Fat	0g		0 %
Cholesterol	0mg		0 %
Sodium	160mg		7 %
Total Carbohydrate	25g		8 %
Dietary Fiber	1g		4 %
Sugars	14g		
Protein	1g		
Vitamin A	0 %	Calcium	2 %
Vitamin C	0 %	Iron	10 %
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

- i. What is a serving size?
- ii. Does this serving size tell you how many oreos you can eat?
- iii. How many grams of fat would be in two servings?
- iv. Why doesn't the amount of saturated and trans fat add to the total fat?
- v. How many carbohydrates are in one serving?
- vi. What % of your calories come from fat?
- vii. What ingredient is found in the greatest quantity in this cookie?