

Human Physiology 110- Unit 1 Wellness Exam Review

1. List three things that can cause you to have poor wellness

-
-
-

2. List three things you can do to improve your wellness

-
-
-

3. What points lie at each end of the wellness continuum?

4. List 4 factors that can cause premature death.

-
-
-
-

5. List and explain each of the 3 components of wellness.

-
-
-

6. List each of the 7 dimensions of wellness and give an example of each.

Dimension of Wellness	Example

7. What are the three stages we go through when responding to stress?

-
-
-

8. What are some ways we can cope with stress? (Give at least 3 techniques)

-
-
-

9. How much sleep should someone your age be getting?

10. What are some things you can do to make sure you get enough sleep? (List at least 3)

-
-
-

11. What is recommended in terms of physical activity for students your age?

12. What is the difference between moderate and vigorous intensity activities?

13. List 5 benefits of regular activity.

-
-
-
-
-

14. List 4 health risks of not getting enough regular activity.

-
-

15. What are the 6 major problems with our eating habits?

-
-
-

16. How many servings from each of the following should you include in your daily diet and give an example of a serving for each.

	Servings/day	Example of a serving
Fruits and Vegetables		
Fiber		
Sugar		
Sodium		

17. What 6 major nutrients does your body need for fuel?

-
-
-

18. What is the difference between a simple carbohydrate and a complex carbohydrate?

19. Classify each of the following as simple or complex carbohydrates:

Lactose _____ Starch _____ Glucose _____
 Fiber _____ Sucrose _____ monosaccharides _____

20. List 3 sources of protein in your diet.

-
-
-

21. Give an example of 2 fat soluble and 2 water soluble vitamins.

Fat Soluble

Water Soluble

- 1.
- 2.

- 1.
- 2.

22. Give one example of a macromineral and one example of a trace mineral.

23. How much water is recommended in a day?

24. Given the following food label answer each of the questions that follow:

Nutrition Facts	
Serving Size Skippy's Natural Peanut Butter, 2 tbs (32g)	
Amount Per Serving	
Calories 190	Calories from Fat 140
%Daily Value*	
Total Fat 16g	25%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
* 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
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

a. What is one serving?

b. How many grams of total fat are there in 3 servings of skippy's natural peanut butter?

c. Why doesn't the saturated fat and trans fat equal the total fat?

d. In one serving of peanut butter what is the

- i. Percent of calories from fat

ii. Percent of calories from carbohydrates

iii. Percent of calories from protein