

HFA 4M Unit 2

Nutrition and the Lifecycle

Test Review

Perspectives on Eating

- What are the historical perspectives on eating (why does history say we eat the things we do?)
- What are the biological perspectives of eating
 - Describe the feedback loop that tells us we are full
 - Is there a genetic link to obesity
 - What is Prader-Willie Syndrome
- What are the psychological perspectives of eating
 - What is wrong with using food as a reward?
 - What is wrong with using food as a punishment?
- Stress and Eating Article

The cost of healthy eating

- How do you put out a grease fire?
- What is the optimal temperature to store food at?
- According to the “Nutritious Food Basket Survey”, how much per week does it cost to eat healthy?

Eating in Childhood/Pregnancy

- How does food for babies/toddlers differ from food for adults? Why?
- What are 3 nutrients you need to ensure you get enough of when pregnant?
- What foods should you avoid while pregnant?
- How many extra calories do you need to consume when pregnant?

Eating for Sports

- What is the caloric intake required for athletes? Why such a range?
- Why is it important for athletes to maintain a high protein level?
- What type of meal should you eat before the race? What should the primary macronutrient be?
- What type of meal should you eat after the race? What should the primary macronutrient be?
- What are some important micronutrients for athletes? what role do they play?

Adolescents/ Males vs Females

- What are some factors that affect teen eating habits?
- List two micronutrients that teens need to consume extra of. Why?
- List three key differences between teen male and female nutritional requirements.

Obesity/ Junk Food

- List and discuss five health concerns associated with obesity.

- List and discuss at least three causes of obesity.
- What is clinically considered obese? What is clinically overweight? What is clinically underweight? What does BMI stand for and what information do you need to calculate it?

Vegetarian/Vegan

- Define: Vegan, vegetarian, lacto-vegetarian.
- What is an ethical vegetarian?
- List and describe the four reasons given that an individual might become a vegan (be specific!)
- What are some benefits of the vegan/vegetarian diet?
- List four nutrients vegetarians must ensure they get enough of. Be sure to be specific about the purpose of these nutrients, and where you might get these sources from.

Eating for Wellness

- List three examples of how food has historically been used as medicine.
- Define phytochemical. Where are phytochemical found? List 3 benefits of phytochemical.
- What are the top three disease fighting vitamins/minerals?
- Define and differentiate between:
 - Enriched food, fortified food, functional food, genetically modified food, organic food.
- What are antioxidants? Where are they found? What do they do for the body?
- List 5 disorders, and 3 foods that may be eaten in order to treat them. BE PREPARED TO DISCUSS YOUR ANSWERS!

Eating Disorders

- Define anorexia. Define bulimia.
- List 4 warning signs for both anorexia and bulimia.
- What are some causes associated with eating disorders.
- What are some of the effects of both anorexia and bulimia.
- How might you treat an eating disorder.
- What is EDNOS?
- What might a concern be with the current way that we diagnose eating disorders?