Nutrition Assignment

After reading each chapter, you should be able to answer the respective questions.

Chapter 2

- Describe the different types of carbohydrates
- Give examples of foods rich in carbohydrates
- Explain the role of dietary carbohydrates

Chapter 3

- Define proteins
- Describe the structure of proteins
- Explain the difference between plant proteins and animal proteins
- Relate limiting amino acids and protein quality
- Tell the difference between essential amino acids and non-essential amino acids
- Explain the relation between limiting amino acids and protein quality

Chapter 4

- Define lipids, triacylglycerols and fatty acids
- Differentiate saturated and unsaturated fatty acids, *trans-* and *cis-*fatty acids
- Discuss the role of lipids in human health

Chapter 5

- Which minerals are essential for humans?
- What do they do?
- From which foods can you get them?
- What happens when you are deficient in a certain mineral?
- What happens when you have an excess of a mineral?

Chapter 6

- What are vitamins for?
- From which foods do you get them?
- What happens when you are deficient of a particular vitamin?
• What happens when you have an excessive intake of a vitamin?

Chapter 7

• What are the world’s major micronutrient deficiencies?
• What is being done to combat these deficiencies?

Chapter 8

• What compounds have beneficial effects on health beyond basic nutrition and are important in the prevention of diseases?
• In which foods are they found?

Chapter 9

• What happens to micronutrients and bioactive compounds during processing and storage of foods
• How can losses be minimized?

Chapter 10

• Evaluate the adequacy of your own diet to maintain overall health and prevent diet-related diseases
• Determine what foods you should avoid or reduce, and what foods you should consume more.

Note: There are no learning objectives for Chapter 1.