

## Nutrition

1. Describe the following processes of nutrition:  
ingestion  
digestion  
absorption  
assimilation  
elimination
2. Draw and label the parts of the alimentary canal from the mouth to the anus.
3. Identify and describe the seven essential nutrients.
4. What are three essential functions of water?
5. How long can the body survive without water?
6. Explain the necessity of a normal intake-output balance.
7. Differentiate between saturated and unsaturated lipids.
8. Describe the difference between LDL and HDL.
9. When digested, proteins are broken down into what?
10. Construct a chart of water-soluble and fat-soluble vitamins. Identify their function, food sources, and the daily requirements of each.
11. Draw a food pyramid and identify the recommended servings of each food group.
12. Describe IBS and its relationship to stress.
13. Describe the nutritional benefits of breast feeding a newborn.
14. Define and explain the following therapeutic diets:  
calorie-controlled  
low-sodium  
protein  
diabetic  
low-cholesterol  
low-fat  
bland  
soft  
liquid  
low-residue

high-fiber

15. Why do females require additional iron after menarche?
16. Define and describe hyperalimentation or TPN.
17. Under what circumstances would tube feedings be ordered?
18. Identify three symptoms of foodborne illness, two common bacteria that cause foodborne illnesses, and discuss three safety tips for food preparation.
19. Describe the relationship between cultural and religious traditions and food.
20. Define and describe Mad Cow disease.