

**FOOD & NUTRITION 219**  
**STUDY GUIDE: CHAPTERS 1**  
**SCANTRON 882 REQUIRED; CALCULATOR ALLOWED**  
**CHAPTER 1**

1. What are the reasons people make food choices? Know examples from each category.
2. What are the 6 classes of nutrients?
3. What is a phytochemical?
4. What nutrient is present in the highest amount in most foods?
5. What is an essential nutrient?
6. Know which nutrients are the energy yielding nutrients (ie, provide kcalories)
7. Know the which nutrients are the macronutrients and which are the micronutrients
8. Know how many calories are provided by protein, carbohydrate, fat and alcohol
9. Be able to calculate the total kcalories of a food item. (see the “how to” on page 10)
10. Be able to calculate the fat, carbohydrate and protein percentage of a food item.
11. Know the basic characteristics of vitamins
12. Know the basic characteristics of minerals

13. Understand the components of a good research study:

Control group:

Randomized:

Sample size:

Placebo:

Double-blind study:

14. Know the 4 sections of the Dietary Reference Intakes and what they represent (DRIs)

Estimated Average Requirements (EAR)

Recommended Dietary Allowances (RDA)

Adequate Intakes (AI)

Tolerable Upper Limits (UL)

15. The RDAs designed to meet the needs of what % of the overall population?

16. Know the Acceptable Macronutrient Distribution Ranges (AMDR) for carbohydrate, protein, and fat

17. Know the components of a Nutrition Assessment

18. What are risk factors?

19. Identify which of the leading causes of death in the U.S. are related to diet

20. Who would be the most appropriate person to consult regarding nutrition information?

21. What are the red flags for identifying nutrition misinformation?