BSC 1005: Life Science

Activity 3: Chapter 3 *Name(s)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

Complete the following problems. Use your class notes to help find the answers.

1. What are nutrients?
2. What is a simple carbohydrate? Complex? Give an example of both.
3. List ***3*** reasons why water is important part of our daily diet.

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1. Why would a bowl of lentils and rice be a good source of protein?
2. Do you think sunflower seed oil is saturated or unsaturated? What is the difference between these types of fats?
3. What are ***two*** major ways fat that is eaten is utilized by the body?
4. What are macronutrients? What are micronutrients? Give an example of both in your answer.
5. Why does it matter if vitamins dissolve in water? What vitamins are fat soluble?
6. Define BMI. What is a general healthy range for BMI and why should you be careful when interpreting a BMI value?
7. What factors influence if someone is obese? Obesity increases the risk of what health conditions?
8. What is diabetes? Explain the difference between type 1 and type 2 diabetes.
9. The function of LDLs is to \_\_\_\_\_\_\_\_\_\_\_\_\_
   1. Break down proteins
   2. Digest starch
   3. Transport cholesterol from the liver
   4. Carry carbohydrates into the urine
10. True or False: All cholesterol is bad and should be avoided in your diet.