

1. What is the difference between body mass index (BMI) and body composition? Provide the healthy value ranges for both BMI and body composition.
2. Pernicious anemia is a serious disease. Discuss its cause, symptoms, and treatment.
3. Explain the importance of phospholipids: Where are they found, and what do they do?

PART B: Answer each of the following questions in one to four sentences. Each answer is worth 4 points.

1. List and then briefly describe how the human body is organized. Start with cells.
2. List four signs or symptoms of colorectal cancer.
3. Discuss the health benefits of fiber in the diet, and list four food products to include daily.
4. Discuss three reasons why someone might choose to become a vegetarian.
5. Explain the role the kidneys play in water regulation. Which two hormones are involved, and what do they tell the kidneys when the pituitary gland senses that the body is dehydrated?
6. Folate is a nutrient critical during pregnancy. Explain the risk of a folate deficiency during pregnancy.
7. The Nutrition Facts panel label on packaged food products is useful when planning a healthful diet. List the five items found on the panel label. (Please do not list individual items found on food packaging. This question is asking for what is explicitly found on the panel label.)
8. Why should an athlete consume carbohydrates after exercise (during the recovery phase)?
9. List five examples of high-risk foods that contain food-borne pathogens that can cause illness if not cooked or cleaned carefully. Then provide at least three signs or symptoms of a food-borne illness.
10. Explain what low birth weight means for a baby's survival rate. Then provide two risk factors for having low-birth-weight babies.