
ST 306 – REVIEW FOR TEST

To prepare for this test, it is best to read over your notes and handouts, and the practice work in the workbook. To do well on this test, you will need to be able to answer questions on the topics below. Read through each topic and decide whether or not you are comfortable with it. If you are not absolutely comfortable, make sure you study it, or ask about it today, tomorrow, or over the weekend by email.

- | | <i>I fully understand</i> | <i>I do not understand as well</i> |
|--|----------------------------------|---|
| • The 6 main nutrients: | | |
| - Identify all 6 principle nutrients | <input type="checkbox"/> | <input type="checkbox"/> |
| - The building blocks of each nutrient | <input type="checkbox"/> | <input type="checkbox"/> |
| - Identify foods that contain each nutrient | <input type="checkbox"/> | <input type="checkbox"/> |
| - Identify the role/function of each nutrient | <input type="checkbox"/> | <input type="checkbox"/> |
| • Nutritional value of food | | |
| - The definition of a calorie | <input type="checkbox"/> | <input type="checkbox"/> |
| - The energy content of each principle nutrient | <input type="checkbox"/> | <input type="checkbox"/> |
| - Calculating the energy content of food | <input type="checkbox"/> | <input type="checkbox"/> |
| - Reading nutritional labels | <input type="checkbox"/> | <input type="checkbox"/> |
| • Some extra nutrition stuff... | | |
| - Saturated fats (overloaded with Hydrogen) | <input type="checkbox"/> | <input type="checkbox"/> |
| - Trans fats | <input type="checkbox"/> | <input type="checkbox"/> |
| - Emulsification of fats | | |
| • Digestive system | | |
| - The anatomy of the digestive system | <input type="checkbox"/> | <input type="checkbox"/> |
| - The role of the digestive system | <input type="checkbox"/> | <input type="checkbox"/> |
| • Digestive processes | | |
| - Physical transformation | <input type="checkbox"/> | <input type="checkbox"/> |
| - Chemical transformation | <input type="checkbox"/> | <input type="checkbox"/> |
| - Enzymes | <input type="checkbox"/> | <input type="checkbox"/> |
| - Peristalsis | <input type="checkbox"/> | <input type="checkbox"/> |
| - Absorption of nutrients (villi and microvilli) | <input type="checkbox"/> | <input type="checkbox"/> |
| • Some extra digestive stuff... | | |
| - Glands (liver, pancreas, salivary glands) | <input type="checkbox"/> | <input type="checkbox"/> |
| - Epiglottis & uvula | <input type="checkbox"/> | <input type="checkbox"/> |
| - Concept of surface area (#bigideainscience2) | <input type="checkbox"/> | <input type="checkbox"/> |