

Day 21 – 4/30/14

Student Learning Objectives

By the end of this class you will be expected to understand:

- The major nutrients the body requires for life and their roles in the body
- The essential concept of calories and metabolic rate
- The major risks associated with excess and deficiencies of key nutrients

Support videos:

- Bill Nye
 - <http://www.youtube.com/watch?v=8j7VwLhMIQ>
- Nutrition (opinions vary wildly as you will see)
 - <https://www.youtube.com/watch?v=TOjKdrMiSt8>
 - <https://www.youtube.com/watch?v=9DFlv5hhQDw>
 - <https://www.youtube.com/watch?v=BwfffjtpBw>

Assigned reading:

- Chapter 14: p338-348

Vocabulary:

- Nutrient
- Carbohydrate
 - Simple carbohydrate
 - Complex carbohydrate
 - Glycemic index
- Amino acids
 - Essential amino acid
 - Nonessential amino acid
- Lipids
 - Saturated fat
 - Unsaturated fat
- Vitamins
- Minerals
- Water
- Alcohol
 - Alcohol dehydrogenase
- Hunger
 - Ghrelin
 - Leptin