

Nutrition Article Assignment

Biol-1, revised Spring 2016

Like most other assignments in this course, this assignment will be graded as follows:

- Check-minus: Approaches expectations.
- Check: Meets expectations. Full credit.
- Check-plus: Exceeds expectations. (A check-plus can compensate for a check-minus.)

Expectations for assignments

- Respond meaningfully to every part of the assignment.
- Respect your own ideas enough to present them professionally and clearly. Consider grammar, spelling, appropriate terminology, and appearance. Complete sentences are not always necessary.
- May be typed or clearly handwritten. Double-sided printing is encouraged.
- If you generate multiple pages, simply staple them together rather than using a cover.

Materials needed

- Access to course website
- One to two hours of your time

Objectives

- Become familiar with major macronutrients.
- Gain general background knowledge regarding a healthy diet.

Assignment prompts

From "Overview of Nutrition" article:

1. What are the five main types of macronutrients described in this article? Which has the most food energy per gram?
2. Among beans, fruit, and snacks, which group has the highest average glycemic index? Why does this matter?
3. What is the source of most saturated fats? What is their behavior at room temperature?
4. Your neighbor decides that they are just going to eat meat and dairy products, and not any plants or fish. Which macromineral are they likely to become deficient in?
5. I just read that chromium is an essential trace mineral. What does this mean? Why not eat a whole lot of it?
6. What can someone with a typical Western diet do to increase their fiber intake?
7. What was surprising to you about this article, and why? If nothing, why?

From "Dietary Guidelines for Americans" and "Healthy eating for an active lifestyle":

8. What seems to be a theme throughout these two resources?