Pre-Activity Worksheet: Dissecting Diets

General Description
In the activity you will do this week during your learning/discussion group, you will be comparing different dietary recommendations and the evidence used to support these recommendations. In order to be prepared for this activity, complete this worksheet.

Reading
Browse the “Animal Nutrition” chapter in your text. Pay particular attention to figures 41.1 and 41.4, and tables 41.1 and 41.2. Carefully read the section on Nutritional Requirements beginning on pg. 850.

Definitions
Write a definition of the following words. Use your text, textbook glossary, and your previous knowledge to create the best definition possible. Remember to connect your definitions to human nutrition.

1) essential nutrient

2) obesity

3) undernourishment v. malnourishment

4) US RDA

Questions
Answer the following questions. You will explore your answers to these questions in-depth during learning/discussion group.

1) Describe a situation in which a person is malnourished but not undernourished.

2) What is a calorie? Describe in both specific terms (mathematically or chemically) and in common usage of the word.

3) Examine the nutritional label for your favorite food/drink item. What is the most important piece of information contained on this label? Defend your answer.

4) One of the primary functions of vitamins are as coenzymes. What would be the consequences to a person malnourished for niacin? Describe in cellular terms and in overall health terms.