

## **Review for Test #2 – BIOL 1322**

### **Chapters 5 – 7 & Spotlight: B - C**

- 1) Source of oil that gives alpha-linolenic acid, linoleic acid and monounsaturated fatty acids.
- 2) Essential fatty acids.
- 3) Lipoproteins and their function.
- 4) Omega-3, omega-6 fatty acids and (structure and the name of fatty acids these are made from).
- 5) Dietary lipids and trans fatty acids.
- 6) Bile acids.
- 7) Cardiovascular disease (CD), what do you know about CD, fatty acids that enhance and reduce CD disease risk.
- 8) Atherosclerosis development.
- 9) Metabolic syndrome.
- 10) Protein malnutrition.
- 11) Essential and non-essential amino acids.
- 12) Amino acid structure.
- 13) Protein synthesis and digestion.
- 14) Metabolism of amino acid.
- 15) Types of Vegetarian Diets.
- 16) Mediterranean and low fat diets.
- 17) Cancer development.
- 18) How much red meat should consume to reduce cancer risk and other factors to reduce cancer risk.
- 19) Which compounds of plant sources are beneficial to reduce cancer risk.
- 20) How non-heme iron absorption can increase.
- 21) Fat-soluble vitamins and their storage.
- 22) Antioxidant properties.
- 23) How vitamin D is converted to its active form?
- 24) What are provitamin A and visual pigment?
- 25) Properties of vitamin A, E and K.