

## **Review for Test #4 – BIOL 1322**

### **Chapters 13 – 14 & Spotlight: E - H**

1. Folic acid requirement during pregnancy.
2. Health risk of small for gestational age (SGA).
3. Vitamin A, deficiency and toxicity during pregnancy.
4. Food safety during pregnancy.
5. Iron deficiency during pregnancy.
6. Milk producing glands in the breast.
7. Benefits for mom and child and challenges of breastfeeding.
8. Recommended weight gain during pregnancy according to BMI.
9. Growth charts from the Centers for Disease Control and Prevention (CDC)
10. Nutritional Recommendations for Children.
11. What Are Children Eating?
12. National School Lunch Program and USDA New School Lunch Standards.
13. Acceptable Macronutrient Distribution Ranges for Children.
14. Positive eating behavior and habits in children.
15. Nutrients of Concern in Childhood and childhood obesity.
16. Food allergies.
17. RDA for Calcium.
18. Eating challenges on campus.
19. Eating disorders, anorexia nervosa, bulimia nervosa and binge eating.
20. Alcohol consumption, absorption and metabolism.
21. Adverse Long-Term Health Effects of Alcohol.
22. High incidence of foodborne illness and foodborne illness in pregnant women.
23. Chill food, organic food and food additives
24. U. S. Nutrition Assistance Programs.
25. Genetically modified (GM) foods.
26. physiological changes are associated with aging.
27. Special Nutritional Concerns and Common Nutrition-Related Conditions in Older Adults.
28. Nutrient Recommendations for Seniors.
29. Blue Zone Secrets.