1. Name three sensory aspects of food that influence our food choices.
   Any three of the following: taste, smell, texture, appearance

2. How do our health beliefs affect our food choices?
   Health beliefs are characterized by an individual's perception that he or she is susceptible to a disease and, if so, that action can be taken to prevent or delay its onset. People who feel susceptible to a disease are more likely to heed recommendations based on information about the links between dietary choices and the risk of that disease. They see that dietary changes may lead to positive results.

3. List the six classes of nutrients.
   Carbohydrates, lipids (fats and oils), proteins, vitamins, minerals, and water

4. List the 13 vitamins.
   Fat-soluble: vitamin A, vitamin D, vitamin E, and vitamin K
   Water-soluble: thiamin (B₁), riboflavin (B₂), niacin (B₃), pyridoxine (B₆), cobalamin (B₁₂), folate, pantothenic acid, biotin, and vitamin C

5. What determines whether a mineral is a macromineral or a micro- (trace) mineral? Are they considered essential nutrients?
   Macrominerals are found in and used by the body in the largest amounts. Microminerals are found in and used by the body in smaller amounts. Yes, both macromineral and microminerals are essential nutrients.

6. How many kilocalories are in 1 gram of carbohydrate, of protein, and of fat?
   Carbohydrates have 4 kilocalories per gram; proteins have 4 kilocalories per gram; and fats have 9 kilocalories per gram.

7. What is an epidemiological study?
   An epidemiological study observes and compares how disease rates vary among different population groups and identifies conditions related to diseases or conditions within the populations. This enables researchers to identify associations between factors within the population and the particular disease being studied.

8. What is the difference between an experimental and control group?
   Subjects in the experimental group experience an intervention, while subjects in a control group have similar characteristics and are not treated. Specific elements of health or disease are measured and compared between the two groups.
9. **What is a placebo?**
A placebo is an imitation treatment that looks the same as the experimental treatment (such as a sugar pill) but has no effect. The placebo is important for reducing bias because subjects do not know if they are receiving the intervention and are less inclined to alter their responses or reported symptoms based on what they think should happen.

10. **A) Lisa is eating a snack with 25g of carbohydrates, 8 grams of proteins, and 6 grams of fat. What is the total amount of available energy (in kcal) in his snack?**

    184 kcal

    **B) Determine the percentages of kilocalories of carbohydrate, protein, and fat in Lisa’s snack.**

    Carbs: 54.3%
    Proteins: 17.4%
    Fat: 29.3%