1. What is an amino acid?

______________________________________________________________________________

______________________________________________________________________________

2. Define cariogenic.

______________________________________________________________________________

3. What is the “forgotten nutrient”?

______________________________________________________________________________

4. What does organic mean?

______________________________________________________________________________

5. What is another term for neutral fats?

______________________________________________________________________________

6. Trace elements are small amounts of minerals. True False

7. The organic substance that is essential for the human body to maintain growth and good health is?

______________________________________________________________________________

8. Organic and inorganic chemicals in food that supply energy are?

______________________________________________________________________________

9. Give 2 reasons why a CDA would provide nutritional care?

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

10. Give 2 reasons how nutritional health and dental health are related?

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

11. Explain the difference between diet and nutrition?

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________
12. What are the six nutrients?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

13. Name the food groups in Canada’s Food Guide?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

14. Give three pieces of information that must be included on a packaged food label.

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

15. Give three pieces of information found on the Nutrition facts table on a label.

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

16. Name the five healthy habits for dietary counselling?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

17. What nutrient is primarily a plant source?

______________________________________________________________________________

18. What nutrient is our chief source of energy?

______________________________________________________________________________

19. List the three types of carbohydrates?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
20. Give a food example of each of the following:
   Cariogenic: ________________________________________________________________
   Non cariogenic: ____________________________________________________________
   Anti cariogenic: ____________________________________________________________

21. The only nutrient that can repair and build body tissue is?
   ________________________________________________________________

22. Give an example of a food for the above question.
   ________________________________________________________________

23. Of the 20 amino acids, how many are essential to the growth and maintenance of tissues?
   ________________________________________________________________

24. Name the six functions of fat in the body?
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

25. Name the “bad” dietary fats?
   ________________________________________________________________
   ________________________________________________________________

26. Vitamins do not supply energy, but they are needed to ________________ energy from carbohydrates, fats, and proteins.

27. Vitamins function with enzymes in chemical reactions within the body. True False

28. Name the fat soluble vitamins?
   ________________________________________________________________

29. The fat soluble vitamins are stored in body fat and are not destroyed by cooking. True False

30. How many vitamins are water soluble?
   ________________________________________________________________

31. What is an antioxidant?
   ________________________________________________________________
32. Give 2 sources of antioxidants.
____________________________________________________________________________
____________________________________________________________________________

33. The components of bones and teeth that make them rigid and strong are called?
____________________________________________________________________________

34. Why is water called the “forgotten nutrient”?
____________________________________________________________________________

35. The principle mineral component of teeth, bone and calculus is?
____________________________________________________________________________

36. What is Mutans streptococci?
____________________________________________________________________________
____________________________________________________________________________

37. How does saliva protect your teeth?
____________________________________________________________________________
____________________________________________________________________________

38. What dental indications might show a patient is bulimic?
____________________________________________________________________________
____________________________________________________________________________

39. If a patient presents with dry skin, brittle nails, excessive weight loss, decreased strength of teeth, what condition might they have?
____________________________________________________________________________

40. Information you provide the patient during dietary counselling should be documented in the patient’s chart. True False
1. compounds in proteins used by body to build and repair tissue
2. producing or promoting tooth decay
3. water
4. food products grown without chemical pesticides, herbicides or fertilizers
5. triglycerides
6. TRUE
7. vitamins
8. nutrients
9. preventing tooth decay, diet counselling for after dental procedures, performing dietary analysis, counselling patients with ortho appliances
10. healthy teeth contributes to proper food intake, overall health affected by dental health, good nutrition prevents oral disease, good nutrition provides proper tooth development
11. diet is food and drink eaten from day to day, nutrition is how body uses food for development, growth, repair and maintenance
12. protein, carbohydrates, minerals, vitamins, fats, water
13. grain products, fruits/veggies, milk and alternatives, meat and alternatives
14. common name, net quantity, dealer name/address, list of ingredients, nutrition table, durable life date
15. serving size, calories, list of nutrients, vitamins/minerals, daily value
16. eating right, keep bones strong, protect immune system, maintain healthy weight, exercise
17. carbohydrates
18. carbohydrates
19. simple sugars, complex carbohydrates, dietary fibers
20. cariogenic: crackers, donuts, potato chips, candy, sticky foods, raisins, caramel; non cariogenic: fruits and raw veggies; anticariogenic: cheese
21. protein
22. meat, fish, poultry, eggs, diary products
23. 8
24. important sources of energy, provide essential fatty acids, transport vitamins, provide heat insulation, part of nerve fiber covering, form protective cushions around body organs
25. cholesterol and saturated fats
26. release
27. TRUE
28. A, D, E, K
29. TRUE
30. 9
31. antioxidant prevents cholesterol from oxidizing and damaging the arteries
32. Vit E (soy beans, almonds, oatmeal, chick peas, hazel nuts, rye flour wheat germ, sunflower seeds)
Vit C (peppers, oranges, brussel sprouts, strawberries, broccoli, lemons, raspberries, cabbage, grapefruit, black currants, cauliflower)
Beta carotene (carrots, sweet potatoes, pumpkin, kale, winter squash, spinach, cantaloupe, apricots, mustard greens)
Seasonings (nutmeg, thyme, rosemary, sesame, cloves, green tea, oregano, pepper)

33. minerals
34. saliva contains concentrations of phosphate, calcium and can remineralize early caries
35. calcium
36. type of bacteria primarily responsible for caries
37. helps to flush food particles from tooth surfaces, contains calcium and phosphates to remineralize teeth
38. severe wear on lingual surfaces of teeth caused by stomach acid from repeated vomiting
39. anorexia nervosa
40. TRUE