**Chapter 7 – Energy Metabolism**

1. Identify the nutrients involved in energy metabolism and the high-energy compound that captures the energy released during their breakdown.

2. Summarize the main steps in the energy metabolism of glucose, glycerol, fatty acids, and amino acids..

3. Explain how an excess of any of the three energy-yielding nutrients contributes to body fat and how an inadequate intake of any of them shifts metabolism.

4. Describe how alcohol disrupts metabolism and impairs health.

a. Discuss the term *moderation* in reference to alcohol consumption.

b. Explain how the body metabolizes alcohol.

c. Discuss the role of the liver in alcohol metabolism.

d. Discuss the short- and long-term effects of alcohol on health.

**Chapter 8 – Energy Balance and Body Composition**

1. Describe energy balance and the consequences of not being in balance.

2. Discuss some of the physical, emotional, and environmental influences that affect you with your personal food intake.

3. List the components of energy expenditure and factors that might influence each.

a. Explain the basal metabolic rate and the factors that affect it.

b. Discuss the role of physical activity in balancing the energy budget.

c. Use equations and tables to determine energy requirements.

4. Distinguish between body weight and body composition, including methods to assess each.

a. Define healthy body weight.

b. Explain the methods used to assess body composition, including your BMI and waist circumference.

5. Identify relationships between body weight and chronic diseases.

a. Identify the health risks for underweight.

b. Discuss the health risks for overweight, including heart disease, diabetes, and cancer.

6. Compare and contrast the diagnoses, characteristics, and treatments of the different eating disorders.

a. Identify eating disorders in the athlete including the female athlete triad and disordered eating.

b. Discuss the characteristics and the treatment of the eating disorders anorexia nervosa and bulimia nervosa.

**Read, print the materials and visit each website and watch the following videos:**

1. Textbook: Chapter 7 and 8

2. Chapter resources listed in the module

3. Videos: Watch the videos listed in the canvas module

**Class Assignments Due:**

1. Module Discussion
2. Test your Knowledge Assignments in Cengage
3. Notes Assignment: Using Chapter 7 and 8 of our nutrition textbook, read and work your way through each chapter and record a response to each of the questions listed above. Submit the question and answer under the Notes Assignment.
4. Supplementary Module and Media Exercises
5. Review and submit any upcoming assignments