Ch. 11 - Water and the Major Minerals
Pg. 373-404
Pg. 404 Q's: 1, 3, 5, 6, 7, 9, 10.

Know the major roles of water- temp reg, waste, pH reg, lubrication.

For the minerals you should know the same info as for the vitamins:
For EACH mineral know: major functions, food sources, health results (diseases) of deficiency or excess
Know how being vegetarian or vegan can affect mineral intake
Know how minerals are stored, processed and excreted by the body

Ch. 12 - Trace minerals
Pg. 415-427, 432-435
Pg. 444 Q’s: 3, 4, 5, 6, 9, 10

For Iron, Zinc and Iodide know: major functions, food sources, health results (diseases) of deficiency or excess
Know how being vegetarian or vegan can affect mineral intake
Know how minerals are stored, processed and excreted by the body

Ch. 15 - Eating Disorders
Pg. 541-562 plus, the other disorders in lecture that are not discussed in the book.
Pg. 564 Q’s: 1, 2, 3, 8

Be able to describe the major symptoms, behaviors, treatments and complications of each of the eating disorders discussed in the lecture.

Understand the difference between disorders like Prader-willis or general obesity with genetic or physiological causes vs. disorders like bulimia and muscle dimorphic disorder with psychological causes.

Ch. 19 Food Safety
Pg. 683-711
Pg. 712 Q’s: 1, 2, 3, 4, 5, 6, 8, 9

Use the first two slides as a study guide as well for this lecture

Also,
Know what E. coli 0157:H7 is and where it might be found- know the difference between this and regular E. coli

Know how irradiation works and how it improves food safety without risk to humans