

# Nutrition Resource Sheet

## Objective Test

<p><b>General Resources:</b></p> <p><a href="https://quizlet.com/21119431/hosa-nutrition-flash-cards/">https://quizlet.com/21119431/hosa-nutrition-flash-cards/</a></p> <p><a href="https://quizlet.com/3508368/hosa-nutrition-test-flash-cards/">https://quizlet.com/3508368/hosa-nutrition-test-flash-cards/</a></p>	<p><b>General Resources:</b></p> <p><b>BOOK:</b> <a href="https://www.bau.edu.jo/UserPortal/UserProfile/PostsAttach/63159_2250_3.pdf">https://www.bau.edu.jo/UserPortal/UserProfile/PostsAttach/63159_2250_3.pdf</a></p> <p><a href="https://quizlet.com/364481192/hosa-nutrition-test-2018-2019-flash-cards/*">https://quizlet.com/364481192/hosa-nutrition-test-2018-2019-flash-cards/*</a></p>
<p><b><u>Carbohydrates, fats, and proteins 15%</u></b></p> <p><a href="https://www.wadsworth.k12.oh.us/userfiles/-16/my%20files/c,%20l,%20p%20notes%20no%20pictures.pdf?id=472*">https://www.wadsworth.k12.oh.us/userfiles/-16/my%20files/c,%20l,%20p%20notes%20no%20pictures.pdf?id=472*</a></p> <p><a href="https://quizlet.com/331111782/carbohydrates-and-lipids-study-guide-flash-cards/*">https://quizlet.com/331111782/carbohydrates-and-lipids-study-guide-flash-cards/*</a></p> <p><a href="https://www.biologie.ens.fr/~mthomas/L3/intro_biologie/2-sucre-lipides-acides-nucleiques.pdf">https://www.biologie.ens.fr/~mthomas/L3/intro_biologie/2-sucre-lipides-acides-nucleiques.pdf</a></p> <p><a href="https://courses.lumenlearning.com/suny-biology1/chapter/biological-molecules/">https://courses.lumenlearning.com/suny-biology1/chapter/biological-molecules/</a></p> <p><b>Video:</b> <a href="https://tinyurl.com/jjf644z">https://tinyurl.com/jjf644z</a></p> <p><b><u>Vitamins &amp; minerals (15%)</u></b></p> <p><a href="https://sightandlife.org/wp-content/uploads/2017/03/SAL_MVLex_web.pdf">https://sightandlife.org/wp-content/uploads/2017/03/SAL_MVLex_web.pdf</a> *</p> <p><a href="https://www.healthlinkbc.ca/health-topics/ta3868*">https://www.healthlinkbc.ca/health-topics/ta3868*</a></p>	<p><b><u>Food related illnesses and allergies(10%)</u></b></p> <p><a href="https://acaai.org/allergies/types/food-allergy">https://acaai.org/allergies/types/food-allergy</a> *</p> <p><a href="https://www.foodallergy.org/resources/related-medical-conditions">https://www.foodallergy.org/resources/related-medical-conditions</a></p> <p><a href="https://tinyurl.com/y5jt8ojx*">https://tinyurl.com/y5jt8ojx*</a></p> <p><a href="https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/foodborne-illness-and-disease/foodborne-illness-and-disease">https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/foodborne-illness-and-disease/foodborne-illness-and-disease</a></p> <p><a href="https://www.cdc.gov/healthyschools/foodallergies/index.htm">https://www.cdc.gov/healthyschools/foodallergies/index.htm</a></p> <p><b>Video:</b> <a href="https://www.youtube.com/watch?v=WwehfCel36o*">https://www.youtube.com/watch?v=WwehfCel36o*</a></p> <p><b>Video:</b> <a href="https://www.youtube.com/watch?v=2QQvhFPZedM">https://www.youtube.com/watch?v=2QQvhFPZedM</a> *</p>

**Vitamins & minerals cont.**

<https://apps.who.int/iris/bitstream/handle/10665/42716/9241546123.pdf>

**Video:** [https://www.youtube.com/watch?v=FmafSMv0e0\\*](https://www.youtube.com/watch?v=FmafSMv0e0*)

**Video:** <https://www.youtube.com/watch?v=TBNCqRCsSvY>

**Water (10%)**

[https://www.cdc.gov/healthywater/drinking/nutrition/index.html\\*](https://www.cdc.gov/healthywater/drinking/nutrition/index.html*)

<https://www.livestrong.com/article/145633-nutritional-value-of-water/>

[https://quizlet.com/39243846/nutrition-chapter-9-water-and-minerals-flash-cards/\\*](https://quizlet.com/39243846/nutrition-chapter-9-water-and-minerals-flash-cards/*)

[https://quizlet.com/37657547/nutrition-water-and-minerals-flash-cards/\\*](https://quizlet.com/37657547/nutrition-water-and-minerals-flash-cards/*)

**Video:** <https://www.youtube.com/watch?v=uB5xg28Xyks>

**Nutrition through the life span (15%)**

[https://tinyurl.com/y4oy9dnu\\*](https://tinyurl.com/y4oy9dnu*)

[https://tinyurl.com/yy87ywvo\\*](https://tinyurl.com/yy87ywvo*)

<https://www.britannica.com/science/human-nutrition/Nutrition-throughout-the-life-cycle>

<https://health.ucsd.edu/news/features/Pages/2019-03-11-nutrition-needs-across-your-lifespan.aspx>

[https://tinyurl.com/y8sl57z9\\*](https://tinyurl.com/y8sl57z9*)

**Medical nutrition therapy (20%)**

**Diabetes**

<https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes>

[https://www.cdc.gov/diabetes/basics/diabetes.html\\*](https://www.cdc.gov/diabetes/basics/diabetes.html*)

[https://clinical.diabetesjournals.org/content/28/1/12\\*](https://clinical.diabetesjournals.org/content/28/1/12*)

<http://www.diabetesed.net/page/files/MNT-Info-Sherri-Shafer-2014.pdf>

**Cardiovascular disease**

[https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease\\*](https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease*)

<https://www.cdc.gov/heartdisease/facts.htm>

[https://www.ahajournals.org/doi/10.1161/CIRCRESAHA.118.313352\\*](https://www.ahajournals.org/doi/10.1161/CIRCRESAHA.118.313352*)

<https://tinyurl.com/yxn6onbh>

**Renal disease**

<https://medlineplus.gov/kidneydiseases.html>

[https://www.kidney.org/atoz/content/about-chronic-kidney-disease\\*](https://www.kidney.org/atoz/content/about-chronic-kidney-disease*)

[https://tinyurl.com/yxpej2qz\\*](https://tinyurl.com/yxpej2qz*)

[https://www.kidneynews.org/kidney-news/clinical-care/medical-nutrition-therapy-for-ckd\\*](https://www.kidneynews.org/kidney-news/clinical-care/medical-nutrition-therapy-for-ckd*)

**Digestion, absorption and metabolism (10%)**

[https://www.newnaturalsonline.com/all\\_about\\_digestion.html](https://www.newnaturalsonline.com/all_about_digestion.html) \*

[https://www.ccctc.k12.oh.us/Downloads/NuChapter5\\_outline2.pdf](https://www.ccctc.k12.oh.us/Downloads/NuChapter5_outline2.pdf)

<https://tinyurl.com/y3hsl83x>

[http://cte.sfasu.edu/wp-content/uploads/2012/01/2\\_Principles\\_of\\_Digestion\\_and\\_Metabolism.html](http://cte.sfasu.edu/wp-content/uploads/2012/01/2_Principles_of_Digestion_and_Metabolism.html)

<https://quizlet.com/1065333/digestion-absorption-and-metabolism-flash-cards/>\*

**Video:** <https://www.youtube.com/watch?v=PxC9ryUhCYw>

**Video:** <https://www.youtube.com/watch?v=yloTRGfcMqM> \*

**Cultural and religious influences (5%)**

<https://nursekey.com/cultural-and-religious-influences-on-food-and-nutrition/>

<https://tinyurl.com/yycqqn6a> \*

<https://biomedpharmajournal.org/vol8octobersplention/culture-and-its-influence-on-nutrition-and-oral-health/> \*

**Video:** <https://www.youtube.com/watch?v=FdbuM-ziB8>

**Video:** <https://www.youtube.com/watch?v=fbYkWPBippQ> \*

**Gastrointestinal disease**

<https://my.clevelandclinic.org/health/articles/7040-gastrointestinal-disorders>

[https://nagonline.net/wp-content/uploads/2015/11/07\\_Reppert.pdf](https://nagonline.net/wp-content/uploads/2015/11/07_Reppert.pdf)\*

<https://www.advocatehealth.com/assets/documents/brasky-nutritioningidorders.pdf>\*

**Cancer**

<https://www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/nutrition.html>

<https://tinyurl.com/yyr2k5hw> \*

<https://nutrition.org/the-importance-of-nutrition-in-cancer-prevention-treatment/>

**Clients with special needs**

[http://mtdh.ruralinstitute.umt.edu/?page\\_id=813](http://mtdh.ruralinstitute.umt.edu/?page_id=813)

<https://quizlet.com/290223170/nutrition-an-diet-therapy-chapter-21-nutritional-care-of-clients-with-special-needs-flash-cards/> \*

<https://quizlet.com/256823131/chapter-22-diet-and-clients-with-special-needs-flash-cards/>