

Lecture 4: Active Learning Questions

1. *DNA* is a *polynucleotide*. What does *poly* mean and what is a *nucleotide*?

2. How does *RNA* differ from *DNA*? What *complementary bases* are in *DNA*? ...*RNA*?

3. What are the 3 types of *RNA*? What are the *basic functions* of these unique types?

4. What are 6 *nutrients* essential for life? What are *macronutrients* and *micronutrients*?
What are *energy nutrients*?

5. What are *Blue Zones*? What *dietary* and *lifestyle habits* are common to humans that *live the longest*? What is the *Okinawan Longevity Diet*?