

Lecture 4: Active Learning Questions

1. *How does RNA differ from DNA? What complementary bases are in DNA? ...RNA?*
2. *What are the 3 types of RNA? What are the basic functions of these unique types?*
3. *What are 6 nutrients essential for life? What are macronutrients and micronutrients? What are energy nutrients?*
4. *Why might a high daily animal protein intake lead to inflammation & disease? What is TMAO? What are dietary sources that elevate TMAO? Why might it be best to emphasize a plant-based diet?*
5. *What are Blue Zones? What dietary and lifestyle habits are common to humans that live the longest? What is the Okinawan Longevity Diet?*