BI 358 Active Learning Q Lecture 5

1. What do *ghrelin* and *leptin* do? That is, what is each of their *functions*? *Where* are they made? How do they *influence eating* and how are they *related*?

2. For each of the energy nutrients, list *polymer* starting- and *monomer* end-products. Identify key enzymes involved in hydrolysis for each of the energy nutrients. Where does *final enzymatic digestion* take place prior to absorption into the blood stream?

3. List *4 key recommendations* by the *American Institute for Cancer Research* (AICR) on how to reduce cancer risk.

4. What are *Blue Zones*? What *traits are common* to people who live the longest? What is the primary staple for the *Okinawan Longevity Diet*? Why are *carbohydrates* important? Why eat *whole grains*?

5. How much *protein* do we really need per day? Why might it be best to minimize *red and processed meats*? What is *TMA*? *TMAO*? *Neu5GC*?