

The Truth About Food
Part I

Name: _____
Block: _____

How many servings of fruits and vegetables are we supposed to eat each day?

What are the leading causes of heart disease and stroke?

What did the diet of our early ancestors consist of?

What do many scientists believe that our modern health problems stem from?

What makes cholesterol in the body?

What is its function?

What two kinds are there?

What damage can bad cholesterol do?

What is one side effect of a high fruit and vegetable diet?

What is a negative effect of not enough fiber in your diet?

How long is the human gut?

What is "transit time"?

What is the opening from the stomach into the small intestine called?

What is the function of villi?

How much total surface area do the villi produce?

How does a high fiber diet effect "transit time"?

What are some top high fiber foods?

How many plants worldwide are edible?

How many are available commercially?

How can having high cholesterol effect the ability to achieve an erection in men?

How is the in ability to achieve an erection related to heart disease?

What is the effect of too much salt on blood pressure?

What is one third of our feces made of?

What are some positive benefits of good bacteria in the colon?

What is better for you, pro-biotic yogurt, or pro-biotic vegetables?

What are the best vegetables to eat to raise your good bacteria?

How did the discovery of tools change our diets?

How can eating oily fish effect your cholesterol and reduce the risk of cardiovascular disease?

Briefly summarize the effect of the evolution diet on the participants.