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NUTRITION. Identify the 6 nutrients. List the

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5 main food groups and servings for each
List the 3 different types of carbohydrates and an example for each
How many calories are there for 1 gram of carbohydrate, fats, protein?
Define saturated and unsaturated fat and list an example for each
What are HDL and LDL and the difference between the two
cholesterols
List the fat soluble vitamins and

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the water soluble
vitamins.

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This list does NOT
include everything that
will be on the final
exam. Chapter 1 -
Understanding Health
and Wellness *health
triangle, health
continuum, influences
on health, risk
behaviors, abstinence,

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lifestyle factors, health education, health literacy Chapter 2 - Taking Charge of Your Health *health skills, communication skills, refusal skills, conflict resolution, accessing

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Week 8: 1. Integrated
care embodies the
concepts of
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comprehensive, coordinated, and continuous services that provide a seamless process of care. a. True 2. If you needed a surgery that was not complex and would allow you to be cared for by family, what kind of outpatient facilities might you look into? a.

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HEALTHCARE ...

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Guide. health.
wellness. priority
healthy lifestyle
choices. components of
health and wellness.
freedom of disease and
a state of optimal
physical, mental, so....
positive component of
health that involves
having good quality....
one of the key lifestyle
choices (regular
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