This exercise replaces your quiz and homework grade for the Diet Analysis lab (15 pts). First read through the Diet Analysis section of your lab manual to familiarize yourself with the terminology necessary for understanding this lab. All responses must be typed in YOUR OWN WORDS and in COMPLETE SENTENCES. If you have any questions, feel free to contact your TA.

I. For the following questions, refer to this website: http://www.webmd.com/digestive-disorders/digestive-system

1. (0.5 pt) What is the first step in digestion?
2. (1 pt) What are the functions of the liver and gallbladder?
3. (0.5 pt) How is food prevented from entering the trachea when we swallow?
4. (1 pt) What is peristalsis? Where does it occur (be specific)?
5. (1 pt) Name two functions of the colon.
6. (0.5 pt) Why doesn’t food come back up the esophagus once it is swallowed?
7. (0.5 pt) Where do the enzymes that are secreted into the duodenum originate?

II. For the following questions, refer to this on-line article: http://www.time.com/time/specials/2007/article/0,28804,1626795_1627112_1626670-1,00.html

1. (1 pt) Why do scientists think early humans evolved to overeat (especially fatty foods)?
2. (1 pt) What is the “hunger hormone”, and how does it function?
3. (0.5 pt) Humans have also evolved systems to prevent us from eating ourselves to death.
   The first step of this process occurs in the stomach and small intestine – explain.
4. (1.5 pt) What are CCK, GLP-1 and PYY, and what do they do?
5. (1 pt) What hormone is produced in body fat, and how does it affect the desire to eat?
6. (1 pt) How do high glycemic foods and low glycemic foods differ in the way they push the body to refuel?
7. (1 pt) Explain the concept of “sensory-specific satiety”.

III. Answer the three questions on page 84 of your manual (1 pt each)
    (You must show all calculations to receive full credit)