1. Plants do not eat but do require CO$_2$, H$_2$O, and sunlight to live. How is this different from animals? What system do plants have to allow for their simple needs?

2. What classes of substances constitute the *macronutrients*? The *micronutrients*?

3. Sketch the original Food Guide Pyramid. What information is provided by its format?

4. How does MyPyramid differ from the original Food Guide Pyramid? What are its strengths and limitations?

5. All 20 amino acids are essential to build new proteins. Why are only a few amino acids called *essential*?

6. Why are plant oils usually liquids and animal fats usually solid?

7. Explain the French paradox.

8. What are some strategies that can be used to increase HDL levels?

9. Which vitamins must be consumed on a regular basis, and why?

10. A typical diet in the United States provides 20% of the calories from protein, 55% from carbohydrates, and the remainder from fats. Calculate the grams of protein, carbohydrate, and fat to be included each day in diets having the following caloric requirements.
   a. 1600 kcal
   b. 2300 kcal
   c. 1900 kcal