

# **DIET 101 – MEDITERRANEAN AND CARBS COURSE LEARNING**



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### **Note: External Links: Regarding Advertisements**

There are links provided in this Course Learning Workbook. There may also be some links on the GMP Fitness Learning Platform. These links, which may also provide advertisements, are for informational purposes only. These links are for informational purposes only; they do not constitute an endorsement or approval by GMP Fitness® of any of the products by these companies.

## **DIET 101 – MEDITERRANEAN AND CARBS—COURSE LEARNING WORK-BOOK ACTIVITY QUESTIONS AND ADDITIONAL ASSIGNMENTS**

This course includes over **“29 numbered activity questions”** designed to help you **present your results**. We recommend completing the questions as you go through the course. The questions will guide you through each lesson, help reinforce and check your understanding of the material, and prepare you for the final exam.

### **Additional Assignments - These questions are not on the exam.**

— Questions 1-20 will prepare you for the final exam.

— **In addition to the “29 numbered” activity questions,” there are external video/article links that also have questions that are not on the exam.** See below for instructions and notes for these questions.

— The main purpose of the external webinar, video, **audio**, and/or article **links** is to watch and/or read them and increase and reinforce your knowledge of the course subject matter and extend your learning into other areas of health and wellness as well. The external links also increase student engagement and interaction and discussion with peers and others.

— Some of the **external** external webinar, video, **audio**, and/or article **links** will have advertisements.

— The webinar, video, and/or audio links also offer you the flexibility to pause, rewind, or skip parts if you would like to. With the articles, you can re-read them as many times as you like.

### **The external links are more for you to write, draw, and discuss what you have learned.**

There are a number of things you can do to process and learn from the external links to help you learn the information. For example, write down keywords that you learn on index cards or in your notes. Then review this and any other notes you took.

— Also, draw pictures to help you recall keywords. [Research](#) says drawing pictures may help you remember better boost memory and challenge students to explore the materials in different ways.

— You might find that some of the external links are similar in what they provide in learning. This will help retention and reinforce the material more.

— Take your time through the videos/articles - pausing as often as you like - to engage more with the content and enhance learning processes.

— Discuss what else you learned. Discussion helps you think about what you learned more.

**Again, while there are some [“Additional Assignment Questions”](#) pro-**

**vided below - these questions are not on the exam.**

### **External Link Assignments Quick Steps**

- Click on the external webinar/video/article links ( ∞ ) below.
- Key Points: Identify core sections.
- Webinars/Videos: Pause, rewind, and rewatch.
- Take notes.
- In addition to any questions below, write and discuss what you have learned from each external link.

### **A note about the Mediterranean Diet**

The Mediterranean Diet does say low to moderate amounts of wine are ok due to the flavonoids that are in it. However, you can obtain flavonoids from food which also provides other nutrients essential for the body. Flavonoids are powerful antioxidants that can help to reduce oxidative stress. According to [Healhline.com](http://Healhline.com), one method of preventing oxidative stress is to ensure that you're obtaining enough antioxidants in your diet. Eating five servings per day of a variety of fruits and vegetables is the best way to provide your body with what it needs to produce antioxidants. Examples of fruits and vegetables include berries, citrus fruits, cherries, broccoli, and carrots. In addition, a recent "[Study Showed No Amount Of Drinking Alcohol Is Safe For Brain Health](#)."

As you review the videos, articles, and presentations from the links below, you will notice that there is none or very, very little mention of alcohol/wine mentioned.

### **LESSON 1**

1. What are the are four major classes of biomolecules and describe each?

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2. What is saccharides another word for?

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3. How many kilocalories are there in one gram of carbohydrate?

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4. What are saccharides?

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5. What are monosaccharides?

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6. What are disaccharides?

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7. What are polysaccharides?

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8. What is cellulose?

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9. List five carbohydrate-rich foods.

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10. What is anabolism?

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11. What is catabolism?

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12. What do carbohydrates in processed foods and drinks tend to do when you consume them?

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13. What happens to blood sugar levels when you consume carbohydrates?

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14. What is metabolic syndrome and what does it lead to?

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15. What are the eight benefits that low GI carbohydrates have?

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16. What are eight ways you can switch to a low GI lifestyle?

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17. What happens when you mill and grind foods?

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## **LESSON 2**

18. List twelve things the Mediterranean diet includes.

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19. What are the health benefits of consuming a Mediterranean-style diet?

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20. When did the Mediterranean diet become popular?

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21. Where is the Mediterranean diet more popular?

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22. What did the study “Mediterranean diet best for a healthy gut” find about individuals who ate a predominantly plant-based diet?

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23. What did the study carried out in Spain and published in JAMA find about the Mediterranean diet and breast cancer?

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### **LESSON 3**

24. What have studies shown about the consumption of olive oil?

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25. Where do many of the anti-inflammatory and cardioprotective benefits of the Mediterranean diet come from?

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26. What do physicians routinely recommend to patients that are at risk for cardiovascular disease?

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27. What did research from this course, conclude about the benefits of omega-3 fats?

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28. List three things you need to know about olive oil.

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29. What is the primary phenolic component of olive oil?

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### **External Link Assignments Quick Steps**

- Click on the external webinar/video/article links ( ∞ ) below.
- Key Points: Identify core sections.
- Webinars/Videos: Pause, rewind, and rewatch.
- Take notes.
- In addition to any questions below, write and discuss what you have learned from each external link.

### **External Video Links**

#### **Video Assignment**

- Click on the external video links below to learn more about avocados.
- Watch each video.
- Key Points: Identify core sections. Pause, rewind, and rewatch. Take notes.
- Write and discuss what you have learned from each video.
- Describe at least 3 things you have learned from each video.

∞ [Do Flexitarians Live Longer?](#) - Youtube Video - 4:23 minutes

From this video discuss why Flexitarians live longer.

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∞ Then see this article - [What Is the Flexitarian Diet?](#)

What more did you learn about the flexitarian diet?

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∞ [Flashback Friday: Improving on the Mediterranean Diet & Do Flexitarians Live Longer?](#)

- Youtube Video - 4:33 minutes

Why is consuming vegetables the most important part of the Mediterranean-style diet?

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Why is it important if you are going to consume grains - that is should come from whole grains?

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Why is it important to eliminate alcohol intake on the Mediterranean diet?  
Note: Non-Alcoholic Wine does have a lot of sugar.

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Why is it important to watch your salt intake on the Mediterranean diet?

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What else did you learn from this video?

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∞ [The Mediterranean Diet or a Whole Food Plant-Based Diet?](#) - Youtube Video - 4:33 minutes

Discuss what happened with the people who stayed with the plant-based diet and why is it important to eat a more Mediterranean-style diet.

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∞ [Why Was Heart Disease Rare in the Mediterranean?](#) - Youtube Video - 4:40 minutes  
Discuss why heart disease rare in the Mediterranean and then what changed.

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∞ [Which Parts of the Mediterranean Diet Extended Life?](#) Youtube Video - 4:52 minutes  
Discuss which parts of the Mediterranean Diet this video emphasized as being very important.

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∞ [The Mediterranean Diet: Delicious Food Prescription for Transforming Disease & Illness](#)  
- Youtube Video - 59:18 minutes

How can the Mediterranean Diet be used to transfer illness?

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Discuss how you are physically activity and enjoy a meal with others.

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Discuss the history of beans.

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Discuss nuts and seeds and the ones you now have in your diet and the ones you would add to your diet.

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Discuss dairy products and the ones you now have in your diet and the ones you would add to your diet.

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Discuss what ingredients you would use to make your own salad dressing..

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∞ [The Mediterranean Diet: Is It Right For You?](#) Youtube Video - **End at Minute 45**  
This Webinar is from the Canadian Diabetes Association  
Note: At minute 13:45 this webinar does mention alcohol briefly - but does not speak about it again until after minute 45.

Discuss what you learned from this video.

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∞ [Mediterranean Diet 101](#) - Youtube Video - 40:27 minutes

Discuss the 5 basic guidelines of the Mediterranean diet from this video.

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Discuss vegetable oils.

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Discuss an example of a Mediterranean diet meal with amounts of each food group.

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Discuss what vegetables you would add to YOUR Mediterranean diet meal.

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Discuss what whole grain options you would add to YOUR Mediterranean diet meal.

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Discuss what fat options you would add to YOUR Mediterranean diet meal.

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Why is it smarter to cook with Avocado oil?

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Discuss monounsaturated fat.

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Discuss types of olive oil.

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Discuss what bean and nut options you would add to YOUR Mediterranean diet meal.

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Discuss what fruit options you would add to YOUR Mediterranean diet meal.

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Discuss what fish options you would add to YOUR Mediterranean diet meal.

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Discuss what dairy options you would add to YOUR Mediterranean diet meal.

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Discuss what eggs and poultry options you would add to YOUR Mediterranean diet meal.

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∞ This New York Times video talks about how the Mediterranean diet helped people with cardiovascular diseases. What did they discuss about the study?  
[Find out more by watching this video.](#) - Youtube Video - 5:54 minutes

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∞ [What's the Best Diet? Healthy Eating 101](#) - Youtube Video - 15:13 minutes

What does this say video say about the Mediterranean Diet?

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### **External Prezi Presentation Links**

#### Assignment

- Click on the external links to learn more about the Mediterranean Diet.
- Answer the questions and/or describe at least 3 things you have learned from each article.

∞ [Prezi Presentation](#) - The Mediterranean Diet

Discuss the Mediterranean Diet

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∞ [Prezi Presentation](#) - The American Diet vs. The Mediterranean Diet

Discuss the American Diet vs. The Mediterranean Diet.

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### **External Article Links**

#### Assignment

- Click on the external article links.
- Read each article.
- Answer the questions and/or describe at least 3 things you have learned from each article.

∞ [Getting Started on the Mediterranean Diet](#)

How would you get started on the Mediterranean Diet?

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∞ [Is a Healthy Diet the Best Prescription for Depression?](#)

According to this article, why is it important to eat fish?

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∞ [30-Day Mediterranean Diet Meal Plan](#) - Article and Video (3:39 minutes)

- 1.
- 2.
- 3.

∞ [What Is the Best Heart Healthy Diet Plan?](#)

- 1.
- 2.
- 3.

∞ [My PAMM Anti-Inflammatory Diet](#)

- 1.
- 2.
- 3.

**NOTE:** The Mediterranean Diet is a viable way to eat healthy. This makes it a great option for young adults.

∞ [Is the Mediterranean diet healthy for kids?](#)

- 1.
- 2.
- 3.

∞ [Give Your Kids' Diet a Mediterranean Makeover](#)

- 1.
- 2.
- 3.



∞ [35+ Family-Friendly Mediterranean Diet Dinner Recipes](#)

- 1.
- 2.
- 3.

