**SC115 Principles of Nutrition**

**Unit 4 Assignment Template: Key Nutrient Intake**

Address each of the following questions. Base your answers on your Intake Compared to DRI report from iProfile. Use complete sentences. The responses to each question should be free of grammatical and spelling errors. Responses should be in complete sentences with capitalization of the first word of each sentence and appropriate punctuation at the end of the sentence. Make sure to submit your Intake Compared to DRI report along with this assignment template.

You will need to provide at least one academic source of information to support your opinions about the functions and under/over consumption of fat and carbohydrate.

1. Based upon your reading and research, why do you need to include fat in your diet? Respond using three or more sentences.
2. What happens in the human body when the intake of fat is less than your required intake? Respond in two or more sentences.
3. What happens in the body when intake of fat exceeds your required intake? Respond with two or more sentences.
4. Review your Intake Compared to DRI report from iProfile for total grams of fat.
	1. What did you find regarding your fat intake compared to your requirement from the Intake Compared to DRI report?
	2. In three or more sentences, discuss the implications of your fat intake related to the use of fat by the human body.
5. Based upon your reading/research, why do we need to include carbohydrate in our diet? Respond with three or more sentences.
6. What happens in the human body when the intake of carbohydrate is less than your required intake? Respond with two or more sentences.
7. What happens in the body when intake of carbohydrate exceeds your required intake? Respond with two or more sentences.
8. Review your Intake Compared to DRI report for total grams of carbohydrate. Compare your required intake with your actual intake.
	1. What did you find regarding your carbohydrate intake compared to your requirement from the Intake Compared to DRI report?
	2. In three or more sentences, discuss the implications of your carbohydrate intake related to the use of carbohydrate by the human body.

**References**

A sample full citation in APA for a book looks like this:

 Author, A. A. (year of publication). Title of work. Location: Publisher.

 Smith, T. (2002). A life well-lived. Hoboken, NJ: Insight Publications.

A sample full citation for a webpage looks like this:

 Author, A. A. (year of publication). Title of work. Retrieved from URL

 East Coast Gardeners Association. (2009). Winter gardens. Retrieved from:
 <http://www.eastcoastgardens.com/wintergardens.html>