

NUTR 150: Essentials of Human Nutrition

1. Digestion

From the reading 4.1 *The Organization of the Human Body*, 4.2 *Digestive System Overview*, the video *Action of an Enzyme*:

- Describe the difference between cells, tissues, organs, organ systems, and organism. **Cells are the basic structural and functional unit of all life. Tissues are groups of cells that share a common structure and function and work together. Organs are a group of tissues arranged in a specific manner to support a common physiological function. Organ systems are two or more organs that support a specific physiological function. An organism is the complete living system capable of conducting all of life's biological processes.**
- What is the difference between chemical digestion and mechanical digestion? **Chemical digestion involves enzymes in digestive secretions that break chemical bonds within nutrients so that they are small enough to be absorbed while. Mechanical digestion consists of chewing, crushing, and grinding to break apart food and then moving it through the GI tract using muscular contractions, called peristalsis and segmentation.**
- What is the function of digestive enzymes? **break down food and aid digestion.** (enzymes are proteins that speed up chemical reactions in the body)

Terms to Know

Cell
Tissue
Organ
Organ system
Gastrointestinal Tract

Lumen
Chemical Digestion
Enzyme
Mechanical Digestion
Peristalsis

From class, the video *Digesting Food*, the *Digesting Food Notes Page* (see next page), and the reading 4.3 *Digestion and Absorption*:

Know the following digestive enzymes, where they are secreted from, and which macronutrient they digest (break down).

Week 7 Digestion Lecture Study Guide Answers

RJ Alexander



Week 7 Digestion Lecture Study Guide Answers:

Teen Health Mary Bronson Merki,1999 *Weight Success for a Lifetime* Carol Simontacchi,2005 This book helps readers learn how to eat and enjoy healthy nutrient dense foods and teaches how to develop positive lifelong nutritional and lifestyle habits Each person has a unique array of health issues and if these issues are not addressed it s impossible to find a lasting solution Carol Simontacchi has devised a comprehensive 48 week program that helps readers discover their individual health issues and deal with them through professional guidance and understanding This program will produce long term weight loss for a lifetime of health and fitness *Catalogs of Courses* University of California, Berkeley,1990 Includes general and summer catalogs issued between 1878 1879 and 1995 1997 The Educational Weekly ,1884 **English Mechanic and World of Science** ,1881 **Youth's Companion** ,1914 **The Medical times and gazette** ,1863 **Normal Instructor** ,1913 **Normal Instructor and Teachers World** ,1913 The Index ... A Weekly Paper ,1870 **English Mechanic and Mirror of Science** ,1880 **The Lancet London** ,1870 Tentative Outline. Health Education. Grade Five. Cleveland Public Schools Cleveland (Ohio). Board of Education,1927 *Academy; a Weekly Review of Literature, Learning, Science and Art* ,1883 The Poetical gazette the official organ of the Poetry society and a review of poetical affairs nos 4 7 issued as supplements to the Academy v 79 Oct 15 Nov 5 Dec 3 and 31 1910 *Comfort* ,1921 Truth Seeker ,1887 **School Education** ,1888 *The Publishers Weekly* ,1902 **Journal of the American Medical Association** American Medical Association,1901 Includes proceedings of the Association papers read at the annual sessions and list of current medical literature *The Engineer* ,1903

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