

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

Scott C. Dulebohn



Week 7 Digestion Lecture Study Guide:

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

Waterloo lectures, a study of the campaign of 1815 Charles Cornwallis Chesney, 1868 *Everyday Housekeeping* ,1900 *Modern Housekeeping* ,1900 **Catalog for ...** University of Maine, 1909 **Courses of Study for the High School, Junior High Schools and Elementary Schools** Springfield (Ohio). Board of Education, 1923

Catalog University of Maine at Orono, 1909 **A Suggested Course of Study for Introductory College Biology** Mary Alice Dietrich, 1953 **Catalogue** Westhampton College (Richmond, Va.), 1929 Annual Register Stanford University, 1905 **Votes and Proceedings of the Legislative Assembly** New South Wales. Parliament. Legislative Assembly, 1904 Host Bibliographic Record for Boundwith Item Barcode 30112114118968 and Others ,1905

Catalogue ... West Virginia University, 1905 Interim Report of the Commissioners on Certain Parts of Primary Education New South Wales. Commission on primary, secondary, technical, and other branches of education, 1903 Votes & Proceedings New South Wales. Parliament. Legislative Council, 1904 **Catalog** Piedmont College, 1921

Announcement Washington State University, 1919 **Cd** ,1905 **Catalogue** University of Puerto Rico (1903-1966), 1919 **Catalogue** University of Alabama, 1922

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