

Chapter 38 Digestive and Excretory Systems

Section 38–1 Food and Nutrition (pages 971–977)



Key Concepts

- What are the nutrients your body needs?
- Why is water such an important nutrient?

Food and Energy (page 971)

1. Cells convert the chemical energy in glucose and other molecules into _____.
2. The energy stored in food is measured in units called _____.
3. Is the following sentence true or false? Your body can extract energy from almost any type of food. _____
4. Besides supplying fuel, what are other important functions of food? _____

5. What is the study of nutrition? _____

Nutrients (pages 972–975)

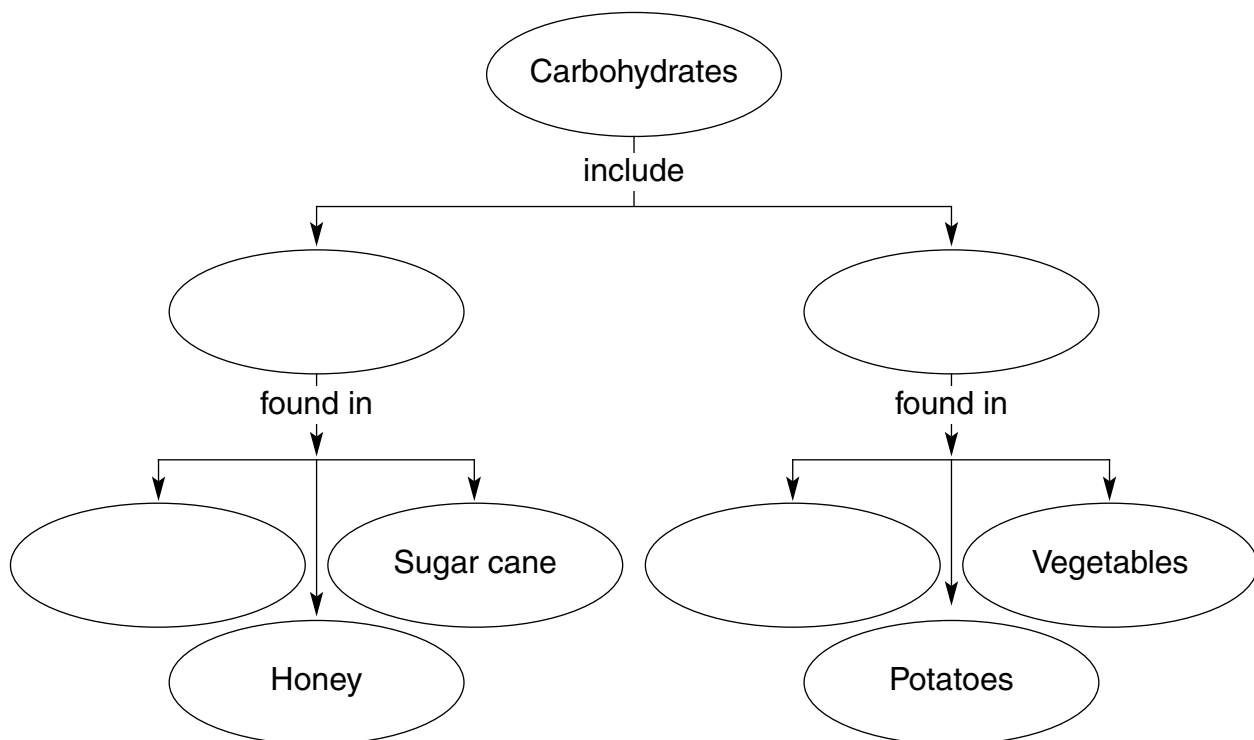
6. Substances in food that supply the energy and raw materials your body uses for growth, repair, and maintenance are called _____.
7. List the six nutrients that the body needs.

a. _____	d. _____
b. _____	e. _____
c. _____	f. _____
8. Circle the letter of each sentence that is true about water as a nutrient.
 - a. Water is the most important of all nutrients.
 - b. Every cell in the human body needs water.
 - c. Many of the body's processes take place in water.
 - d. Water makes up the bulk of bodily fluids, including blood.

9. How is water lost from the body? _____

10. If enough water is not taken in to replace what is lost, _____
 can result.

11. Complete the concept map.



12. Why do you need fiber in your diet? _____

13. Circle the letter of each choice that is a function of fat.

- | | |
|---------------------------|------------------------|
| a. Protecting body organs | c. Storing energy |
| b. Insulating the body | d. Transporting oxygen |

14. List four increased health risks associated with a diet high in fat.

- | | |
|----------|----------|
| a. _____ | c. _____ |
| b. _____ | d. _____ |

15. Circle the letter of each choice that is a function of protein.

- Supplying raw materials for growth and repair
- Making up enzymes
- Helping the body absorb certain vitamins
- Producing cell membranes

16. The eight amino acids that the body is unable to produce are called
 _____ amino acids.

Match each vitamin with its function.

	Vitamin	Function
_____	17. A	a. Preventing cellular damage
_____	18. D	b. Promoting bone growth
_____	19. E	c. Repairing tissues and healing wounds
_____	20. C	d. Promoting growth of skin cells

Match each mineral with a food that supplies it.

	Mineral	Food
_____	21. calcium	a. Table salt
_____	22. zinc	b. Dairy products
_____	23. chlorine	c. Eggs
_____	24. iron	d. Seafood

Nutrition and a Balanced Diet (pages 976–977)

25. Which food category should make up the largest part of your diet? _____
26. In addition to eating properly, one should try to get at least _____ minutes of exercise each day.