

## 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

**Westhampton College (Richmond, Va.)**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the Westhampton College text.

## Week 7 Digestion Lecture Study Guide:

**Waterloo lectures, a study of the campaign of 1815** Charles Cornwallis Chesney, 1868 *Everyday Housekeeping*, 1900 **Modern Housekeeping**, 1900 **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 Courses of Study for the High School, Junior High Schools and Elementary Schools Springfield (Ohio). Board of Education, 1923 **Catalog for ...** University of Maine, 1909 **Catalog** University of Maine at Orono, 1927 *A Suggested Course of Study for Introductory College Biology* Mary Alice Dietrich, 1953 *Catalogue* Westhampton College (Richmond, Va.), 1929 *Special Reports on Educational Subjects* Great Britain. Board of Education, 1905 **School Training for the Home Duties of Women** Great Britain. Board of Education, 1905 *University of Illinois at Urbana-Champaign* University of Illinois at Urbana-Champaign. Graduate College, 1911 **Host Bibliographic Record for Boundwith Item Barcode 30112112062903 and Others**, 1906 **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 **The Mind: an Introductory Lecture, Etc** David Appleton MORSE, 1875 Catalog Piedmont College, 1921 **Catalogue of the University of Alabama ... and Announcements** University of Alabama, 1924 **Catalogue** University of Alabama, 1922

## Decoding **Week 7 Digestion Lecture Study Guide**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Week 7 Digestion Lecture Study Guide**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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