

## 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

**West Virginia University**

A red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the West Virginia University 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

## **Week 7 Digestion Lecture Study Guide** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Week 7 Digestion Lecture Study Guide**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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