

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

Piedmont College



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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 **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 **Annual Register** Stanford University, 1902

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Table of Contents Week 7 Digestion Lecture Study Guide

1. Understanding the eBook Week 7 Digestion Lecture Study Guide
 - The Rise of Digital Reading Week 7 Digestion Lecture Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Week 7 Digestion Lecture Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Week 7 Digestion Lecture Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Week 7 Digestion Lecture Study Guide

- Personalized Recommendations
- Week 7 Digestion Lecture Study Guide User Reviews and Ratings
- Week 7 Digestion Lecture Study Guide and Bestseller Lists
- 5. Accessing Week 7 Digestion Lecture Study Guide Free and Paid eBooks
 - Week 7 Digestion Lecture Study Guide Public Domain eBooks
 - Week 7 Digestion Lecture Study Guide eBook Subscription Services
 - Week 7 Digestion Lecture Study Guide Budget-Friendly Options
- 6. Navigating Week 7 Digestion Lecture Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Week 7 Digestion Lecture Study Guide Compatibility with Devices
 - Week 7 Digestion Lecture Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Week 7 Digestion Lecture Study Guide
 - Highlighting and Note-Taking Week 7 Digestion Lecture Study Guide
 - Interactive Elements Week 7 Digestion Lecture Study Guide
- 8. Staying Engaged with Week 7 Digestion Lecture Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Week 7 Digestion Lecture Study Guide
- 9. Balancing eBooks and Physical Books Week 7 Digestion Lecture Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Week 7 Digestion Lecture Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Week 7 Digestion Lecture Study Guide
 - Setting Reading Goals Week 7 Digestion Lecture Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Week 7 Digestion Lecture Study Guide

- Fact-Checking eBook Content of Week 7 Digestion Lecture Study Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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