

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

University of Maine

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Everyday Housekeeping, 1900 Waterloo lectures, a study of the campaign of 1815 Charles Cornwallis Chesney, 1868 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 **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 **University of Illinois at Urbana-Champaign** University of Illinois at Urbana-Champaign. Graduate College, 1911 **Lectures on the Science of Language** Friedrich Max Müller, 1864 *A Catalogue of the Officers and Students of Washington University, for the Academic Year ...* Washington University (Saint Louis, Mo.), 1903 **Annual Catalogue** Washington University (Saint Louis, Mo.), 1902 **Catalogue** University of Puerto Rico (1903-1966), 1919 The Publishers Weekly, 1917 **Special Reports on Educational Subjects** Great Britain. Board of Education, 1905 **Annual Register** Stanford University, 1905 **Votes and Proceedings of the Legislative Assembly** New South Wales. Parliament. Legislative Assembly, 1904 **School Training for the Home Duties of Women ...** Great Britain. Board of Education, 1905 **Catalogue ...** West Virginia University, 1905

Week 7 Digestion Lecture Study Guide: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have captivated audiences this year. Week 7 Digestion Lecture Study Guide : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Week 7 Digestion Lecture Study Guide : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Week 7 Digestion Lecture Study Guide : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papan, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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