

Backtrack

Through Chapter 3

Activity D

Chapter 3

Name _____

Date _____ Period _____

Provide complete answers to the following questions and statements about how the body uses nutrients.

Recall the Facts

1. Of the six types of nutrients, which are elements? _____
Which are compounds? _____
2. Which three types of nutrients do *not* provide energy? _____

3. Explain how nutrients perform each of the following functions.
 - A. Build and repair body tissues _____

 - B. Regulate all body processes _____

 - C. Provide energy _____

4. Give the number of calories of energy provided per gram for each of the following.
 - A. Proteins _____
 - B. Carbohydrates _____
 - C. Fats _____
 - D. Alcohol _____
5. Give one example of mechanical digestion and one example of chemical digestion. _____

6. What is an enzyme? _____
7. What role does the epiglottis play in digestion? _____
8. What is peristalsis? _____
9. How long does food usually remain in the stomach? _____
10. In which part of the body does most digestion take place? _____
11. How long does it take for food to travel from the mouth through the small intestine? _____
12. What does *metabolism* refer to? _____

(Continued)

13. What does ATP stand for and what does it do? _____

14. Give two examples of emotions that can affect digestion. _____

Interpret Implications

15. Explain the difference between food allergy and food intolerance. _____

16. Explain how physical activity affects digestion and absorption. _____

17. Explain why laxatives are usually not needed for constipation. _____

18. Should ongoing or recurrent heartburn be a cause for concern? Why or why not? _____

Apply & Practice

19. Select one personal eating habit you need to improve. Explain how this habit can affect your digestion, your body's ability to absorb nutrients, and your general wellness. _____

20. List two to three strategies you use to manage emotions that can cause digestive problems. _____

