Nutrients at work

Vocab:

* malnutrition
* anemia
* Dietary Reference intake
* Recommended Dietary Allowance
* Adequate intake
* Digestion
* Enzyme
* Esophagus
* Peristalsis
* Chime
* Pancreas
* Absorption
* Villi
* Glucose
* Glycogen
* Metabolism
* Oxidation
* Calorie
* Basal metabolism

**The Nutrients in your food:**

* What is the most common nutrient?
* What percentage of food can be water?
  + What makes up the rest?

* List and describe the 6 essential nutrients?
* What is your health influenced by?
* What are the benefits of eating healthy?
* What does vitamin D help you absorb?
* Everyone needs the \_\_\_\_\_\_\_\_\_\_\_ nutrients. However, different people need   
    
  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* How do you determine how much of each nutrient you need?
* Who uses DRI’s?  
  + Why do they use them?
* **Digestion Process**
  + Where does digestion take place?
  + Where does the digestion tract extent to?
  + You eat with your eyes \_\_\_\_\_\_\_\_\_\_
  + The sight and aroma of the food does what?
  + Where does digestion begin?
  + What size are you supposed to chew solid foods? Why?
  + What are the general flavors your taste bud tastes?
  + Once you swallow food, where does it go?
  + How much food can the stomach hold?
  + Different foods take \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of time to break down and leave stomach
* What are the three digestive juices that help break down carbohydrates, protein, and fats in small intestine?
* **Absorption of Nutrients** 
  + Once food is broken down, the body needs to \_\_\_\_\_\_\_\_\_\_\_\_
  + Where does most absorption take place?
  + What do the villi do?
  + What happens after absorption?
* **Nutrient Transportation and Storage** 
  + When carbohydrates are fully broken down they become \_\_\_\_\_\_\_\_\_\_\_

* + Some nutrients are stored for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Metabolism**
  + What are essential for metabolism?
  + What happens during metabolism?
  + What is energy measured in?

* **Basal Metabolism**
  + What are automatic processes?
* **Energy Requirements**
  + What are the three combinations of calories?

* + How many calories do:
    - Teen male, active man, some active women need?

* + - Older children, teen females, active women and most men

* + - Younger children, women and most older adults

* What percentage of calories should come from carbohydrates, protein, fats:
  + Teens
  + Adults