

Chapter 2 The Guide to Good Food

The Key Nutrients:

1. Define nutrient:

2. Define nutrition:

3. Define malnutrition:

4. Essential nutrients are substances the body _____ make (at least some in the quantity needed to sustain life). All the nutrients help _____ and _____ cells and _____. They also _____ body processes such as breathing. No single food supplies all the nutrients the body needs to function.

5. Nutrients can be divided into six groups. Name them:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. Define carbohydrates:

Name three carbohydrates important in the diet:

- Simple carbohydrates (six types of sugars)

- _____

- _____

Glucose is the form of sugar carried in the _____ for _____ use throughout the body.

Fructose is _____

Galactose is _____

Sucrose is _____

Lactose is _____

Maltose, or malt sugar, is the sugar found in grain products.

Starch is storage form of _____ in plants. How do humans use starch?

Fiber is a form of complex carbohydrates from plants that humans cannot _____. Therefore, it does not provide the body with energy like other carbohydrates. Fiber provides

Explain the function of carbohydrates:

Page 29 - List some sources of...

...simple carbohydrates

...fiber

...starch

8. Describe **fats** and name the group of compounds to which they belong (along with oils):

Write a full description of **cholesterol**, including its function in the body:

Explain the function of fats:

Page 31 - List some sources of fats:

Is there such a thing as a fat deficiency? If so, what does it cause?

What problems are caused by an over-consumption of saturated fats, dietary cholesterol, and trans fats?

9. Define **proteins**, including **amino acids**:

Explain the function of proteins:

Page 33 - List some sources of...
...complete proteins

...incomplete proteins

What is protein energy malnutrition (PEM)?

What are the symptoms and who is at risk for having this condition?

10. Define **vitamins**:

Fat-soluble vitamins dissolve _____ . They are _____

_____ .

The fat-soluble vitamins are: _____

Water-soluble vitamins dissolve in _____ . The body _____

_____ .

The water-soluble vitamins are: _____

11. Define **minerals**:

What is the importance of **macrominerals**?

List the macrominerals: _____

What is the importance of **microminerals** (or **trace minerals**)?

List the microminerals: _____

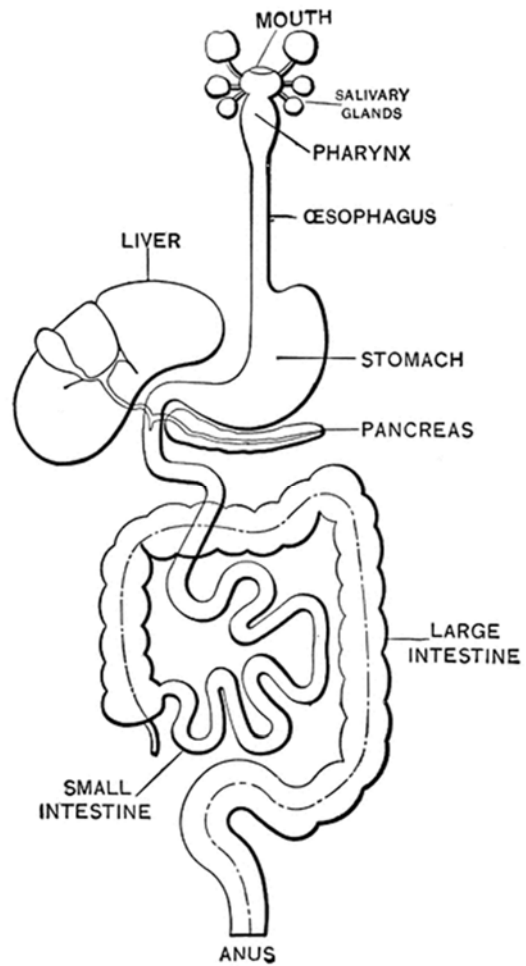
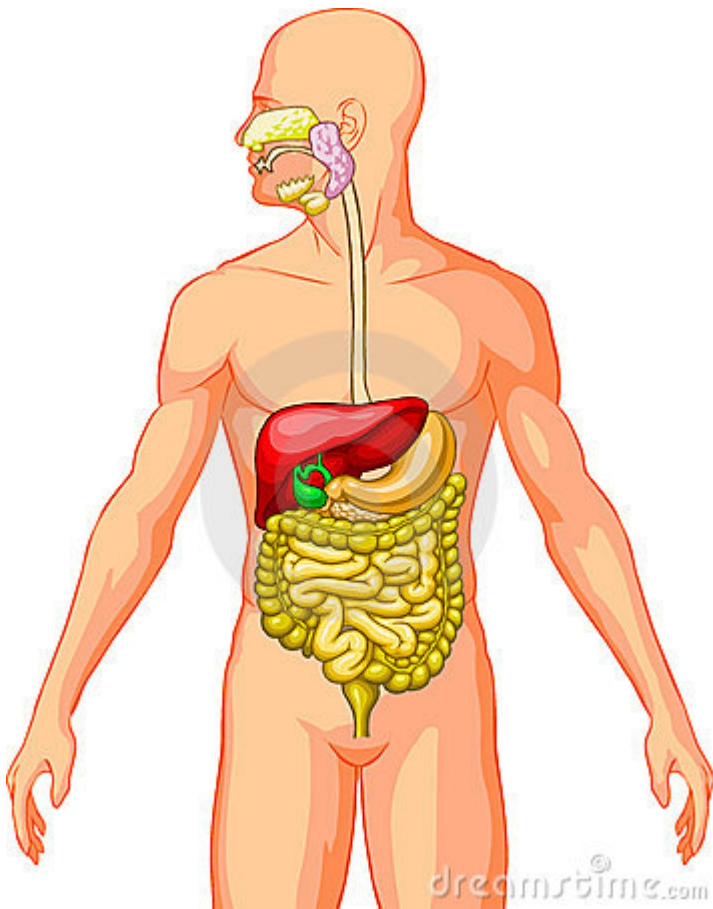
12. Explain the importance and functions of **water** in the body:

Explain water intake and excretion:

Describe an easy way to figure daily water needs:

DIGESTION, ABSORPTION, AND METABOLISM

Organs of the Digestive System.



Explain the mechanical phase of digestion:

Explain the chemical phase of digestion:

Explain the absorption process:

Explain metabolism.