

Human Biology Review Sheet

Chapter 15: Nutrition and Digestion

NUTRITION

Nutrient	Water
Calorie	Colon
Carbohydrate	Excess Carbohydrates
Cellular Respiration	Protein
Simple Sugar- glucose + fructose	Enzymes
Complex sugar- sucrose	Amino Acids
Complex Carbohydrates	Essential Amino Acids
Cellulose	Complete Proteins
Solvent	Incomplete Proteins
Fats	Water Soluble Vitamins
Saturated Fats	Fat Soluble Vitamins
Unsaturated Fats	Minerals- Sodium, Potassium,
Vitamins	Calcium, Phosphorus, Iron
Deficiency	

What Nutrient is responsible for the following function?

1. Cooling _____
2. Controls body processes (nerve impulses, carry oxygen) _____
3. Enzymes/Hormones _____
4. Insulation _____
5. Regulates body functions _____
6. Main Source of Energy _____

What Nutrient has the following structure?

Building blocks (subunits)	Macromolecule
2 hydrogen + oxygen	
	Proteins
Long chains of sugars	
Small amounts of inorganic materials	
	Vitamins
Fatty acids + glycerol	

Fill in the blank:

7. An example of a simple sugar is _____
8. Rice, pasta, potatoes, bread, and veggies are examples of _____
9. Excess carbohydrates are *first* stored in the _____ and _____ as glycogen (a form of glucose).
10. Unused excess carbohydrates are stored in the _____ as fat.
11. Enzymes are a type of protein. Their function is to _____.
12. In order for your body to function properly, you need _____ amino acids to survive.
13. There are _____ Essential Amino Acids that you must get from food.

14. Some examples of a complete protein are

15. One of the main functions of _____ is storage of energy and vitamins.

16. Fats contain _____ times calories compared to proteins and carbohydrates.

17. What is the main function of cellulose?

18. "S" for "saturated, "S" for solid at room temperature. Why are saturated fats bad for you?

19. What is the difference between complete and incomplete proteins?

20. List the 4 factors that determine how many calories an individual needs each day

Directions: Answer the questions below based on the image.



Use arrows to point and label by name the **phalanges, metacarpals and carpals**.

Observe the hand and the muscles that would be moving the bones.

What type of muscle tissue is in the hand?

Which side of the hand would have muscles that contract? _____

Which side would have muscles extend?

This is known as " _____ "

Is this voluntary or involuntary movement?

Do you think there would be any nutrients in the food in the picture? Explain your answer.

Directions: Answer the following based on the Nutrition Facts Label provided.

Nutrition Facts	
Serving Size 76 g	
Amount Per Serving	
Calories 219	Calories from Fat 79
% Daily Value*	
Total Fat 8.8g	14%
Saturated Fat 7.0g	35%
<i>Trans</i> Fat 0.0g	
Cholesterol 2mg	1%
Sodium 64mg	3%
Total Carbohydrates 33.3g	11%
Dietary Fiber 1.7g	7%
Sugars 17.5g	
Protein 2.7g	
Vitamin A 64%	Vitamin C 2%
Calcium 8%	Iron 9%
Nutrition Grade C	
* Based on a 2000 calorie diet	

1. How is the serving size measured?

2. How many calories per serving? _____
3. How much saturated fat is in this food? _____
4. What recommended daily allowance of carbohydrates does this food provide? _____
5. What does the recommended daily allowance mean?

6. This label is based on a _____ calorie diet.
7. How many calories come from fat? _____
8. Which vitamins does it contain?

9. Which minerals does the food contain? List all you can identify.

10. Does this food contain a lot of cellulose? How do you know?

11. Do you think this food item is a good source of protein? Why or why not?

