Answers

Nutrition and Digestion Test Review 2016

#1-7 #8-18

1. What are the 3 functions of food?

Growth + Repair, Energy, Regulate Metabolism

* 2. Fill in the table.

Nutrient	Function	Food examples
Carbohydrates	1st Energy Source	Pasta, Cereal.
Protein	Growth & Repair (3rd E.S)	meat, chicken
Fat	2nd Energy Source.	butter, oil
Minerals	Regulate Metabolism	fruits / veggies
Vitamins	Regulate Metabolism	fruits / veggies
Water	Regulate Metabolism Hydrate.	water / juice / f+V
Dietary Fiber	Keeps you Regular	all bran - fiber 1 - fruits

* 3. Give 3 examples of carbohydrate food.

pasta, cereal, apple.

* 4. Give 3 examples of protein food.

tofu, meat, eggs

* 5. Give 3 examples of fatty foods.

butter, oil, junkfood.

6. A) How do you convert fat, carbohydrates and protein into kJ?

x37 x17

B) Convert the following nutritional information to kJ.

Cookies: 15 g of carbohydrate = 15x17 = 255 kj
3 g of protein = 3x17 = 51 kj
7 g of fat = 7x37 = 259 kj

7. What are the 4 food groups and how many servings do you need per day?

Vegetables + Fruit (7-8) Grains (6-7) Meats (2-3) Milk (3-4)

8. What is an enzyme and what does it do?

Enzyme is a secretion secreted by glands which help in the breakdown of carbs / fats / protein

Refer to table I gave you

9. Fill in the table.

Digestive passageway	Physical breakdown	Chemical breakdown
Mouth	chewing - tongue moves food swallowing	salivary amylase breaks down carbs
Pharynx	swallowing	—
Esophagus	peristalsis	—
Stomach	peristalsis churning	gastric glands pepsin for protein.
Small Intestine	peristalsis churning	pancreatic enzymes - car - pr intestinal enzymes fats bile
Large Intestine	peristalsis	—

*10. Fill in the table below.

	Fats	Protein	Carbs
Where 1st breakdown occurs + gland + enzyme + what it becomes	- Small Intestine - Liver - Bile + small bits of fat	Stomach Gastric Enzymes Pepsin. Amino Acids	Mouth salivary amylase. Glucose.
Where 2nd breakdown occurs + gland + enzyme + what it becomes	Small Intestine Intestinal Glands Intestinal Enzymes Fatty acids / glycerol	S.I I. Glands I. Enzymes. Simple Amino Acids	S.I I. Glands I. Enzymes Simple Glucose
Where absorption takes place	Small Intestine	S.I	S.I

11. What is the function of the uvula

to block nasal cavity when eating

12. What is the function of the epiglottis?

to block tracheal respiratory path when swallowin

13. What is Bolus and Chyme?

Bolus is what food becomes after mixing with saliva. Chyme is when i mixes wit gastric juic

14. Where does the absorption of water, vitamins and minerals occur?

large intestine

15. What is the difference between a protein, amino acid and simple amino acid?

protein has not yet been digested. amino acid digested by pepsin. simple amino acid has completed digestion in S.I & can be absorb

16. Where are the villi located and what is their function?

S.I. increase surface area & help with absorption

17. What are the 5 glands of the digestive system?

Salivary, Gastric, Liver, Pancreas, Intestinal

18. Is bile an enzyme? Explain.

No - it is just used to emulsify (break apart) fats.

19. If you suspect a friend of having an eating disorder, what is the first thing you should do?

Tell AN ADULT

20. List 5 signs (physical or behavioral) that could indicate that your friend has an eating disorder. - dieting, obsessions with fat + nutrition
- pretending to eat, lying about eating
- dramatic weight loss, going to bathroom

21. Explain what a GMO is. - genetically modified organism
DNA is changed - a desired trait from another organism is inserted into an organism that you wish to modify

22. What are 3 pros and 3 cons associated with GMOs?

Pros: 1) can produce results after one generation
2) transfer useful gene to another species
3) gene bank
4) improve harvests (resist herbicides + insecticides)
5) More natural food
6) less allergenic

Cons: - Risk of new allergies
- Risk GMO's hazardous to humans
- no natural plants
- risk insecticide on plants
- pass on resistance.

23. Explain pasteurization:
heatsup food, destroys bacteria, keeps nutritional value, keeps food fresh longer

24. Fill in the diagram