Nutrients and enzymes Name _____

Read the following sets of pages in the Human Body Systems book: p.20-23, p.29, p.48-49, p. 54-55. Use short answers to answer the questions below based on the readings.

1. What are the six types of nutrients and what are the three basic food groups? (P.20)

2. What are the two main uses of each of the three basic food groups in the body? (p. 21-22)

A. Group 1:
uses: 1.
2.

B. Group 2:
uses: 1.
2.

C. Group 3:
uses: 1.
2.

3. What are vitamins and minerals, why do we need them, where do they come from? (p.23)

-

-

-

4. What do all of the 's' letters stand for in the diagram on page 29?

the eight 'esses' in the gray t-shape on the left **=**

the six 'esses' between the red arrow and the two black arrows**=**

the five 'esses' in the blob shape on the right **=**

What did we do in class to find evidence that this diagram (p. 29) is correct?

5. What are bile and pancreatic juices? (p.48-49)

6. How large is the surface area of the small intestine and why does it have to be that large? (p. 54-55)

7. Refer to the table at the bottom of the page and the information on pages 21 to 23 to complete the following: Make a table that shows two examples of each basic food group, which enzyme breaks down the food, where chemical digestion starts and ends and what does each food get broken down into.

Examples of foods from each basic food group	**Enzyme that breaks down this food:**	**Digestion of this food begins in:**	**Digestion of this food ends in:**	**This food is broken down into:**
Example: rice	amylase	Mouth	Small intestine	sugar

Name of the enzyme	**Where is it found?**	**What does the enzyme break down?**
Amylase	Mouth, stomach, small intestine	Amylase turns starch into sugar
Pepsin	Stomach, small intestine	Pepsin turns protein into amino acids
Lipase	Small intestine	Lipase turns fat into fatty acids