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Terms in this set (25)

malnutrition. poor
nourishment resulting
from a lack of
nutrients. anemia. a
blood disorder that
causes lack of energy,
weakness, shortness of
breath and cold hands
and feet; caused by the
lack of ...

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angela_hansen7. Food and nutrition Ch. 30 17 Terms.

OliviaLangenfeldLove. Foods and Nutrition: CH 18-19 Fruits and Vegetables and Labels 42 Terms.

emilybrown2019. F and N 41 Terms.

cholmes817; Subjects. Arts and Humanities.

Languages, Math.

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Science. Social
Science. Other.
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Quizlet. *Identify the
nutrients in foods and
their main functions.

*Describe the digestive
process and its stages.

*Summarize the body's
absorption of nutrients.

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Search.

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Absorption--nutrients move into the blood stream; usually takes place in the small intestine. 2. Adequate intakes--Dietary Reference Intake used when dietary allowance for a nutrient can't be scientifically

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established.

Anemia--Blood disorder characterized by lack of energy, weakness, shortness of breath, and cold hands and feet; caused by lack of iron. basal

metabolism--Minimum amount of energy needed to maintain basic body processes

Calorie--Amount of ...

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perpetration terms. 8

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Diagrams ...

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...

CHAPTER 5 NUTRIENTS
AT WORK NUTRIENTS
IN FOOD

- Carbohydrates - energy
- Fats - stored energy, insulation, cushion
- Proteins -

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help build, repair, and maintain muscles

- Vitamins – helps cells, tissues and organs stay healthy
- Minerals –

help use other

- Water –

chemical reactions,

body temp,

transportation

MEMORY

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worksheet answers

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document. On this page you can read or download chapter 5 nutrients at work worksheet answers in PDF format. If you don't see any interesting for you, use our search form on bottom ↓ . CHAPTER 3 Ecosystems: What Are They and How Do ...

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Chapter 5 explains how the nutrients in foods affect how we feel and function, and how our bodies use and absorb them. Chapter 6

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explores carbohydrates, the largest part of a healthy diet. Carbohydrates are the body's main source of energy, and come in three different types. Chapter 7 addresses the role of proteins.

UNIT 2 Food in Your Life

Health Appearance

Fitness Weight Illness

Healing Emotions

Future Health Nutrients

Carbohydrates Proteins

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Fats Vitamins Minerals
Phytonutrients Water
Requirements RDA-
Recommended Dietary
Allowance AI- Adequate
Intakes DRI- Dietary
Reference Intakes
Recommended calorie
sources:

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Direct patient care
(medical nutrition
therapy) is provided by

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the public health nutritionist in accordance with policies and procedures delineated in this manual chapter under "Ambulatory Nutrition Services" (see section 3-5.5).

Chapter 5 - Nutrition

| Part 3

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Nutrients
Carbohydrates Proteins

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Fats Vitamins Minerals
Water Phytonutrients
CHO-body's main
source of fuel Pro-build,
repairs, maintains and
preserves tissues Fat-
stored energy;
insulation Vit-keep
cells, tissues and
organs healthy Min-
help body work
properly Water-
medium for

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Chapter 5 Nutrients at Work. Tools. Copy this to my account; E-mail to a friend; Find other activities; Start over; Help; A B; absorption: movement of nutrients into blood stream: adequate intakes: dietary reference intake used when dietary allowance for nutrient can't be scientifically established: anemia: blood disorder

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characterized by lack

...

Quia - Chapter 5 Nutrients at Work

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Shorr science ...

answer key of puzzling over nutrients worksheet on chapter 5

Chapter 5--Nutrients at
Work. From the video
and on page 60 the .
six basic nutrients . are
listed. List each
nutrient and after each
nutrient write the .

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function. of the
nutrient. 1. 2. 3. 4. 5.
6. 7. Which of the six
nutrient(s) do you
sometimes hear about
in the media? List it .
and . explain why . we
might hear about it. 8.
Page 65, read the
entire section under

RCAS

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Chapter 5 Nutrients at Work 61 Nutrient Requirements

Everyone needs the same nutrients. However, different people need these nutrients in different amounts. For example, women and teenage boys need more iron than men.

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Nutrients are measured in the metric units of grams (g), milligrams (mg), and micrograms (μg). To find out how much of each nutrient

UNIT 2 Nutrition Basics - Creekside Academy

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from the list that fits
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anemia Dietary
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Intakeperistalsis
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