

Unit 2: Digestion & Nutrition

In this unit, you will study the structure and function of the human digestive system as well as some of the disorders and diseases that affect this system. You will identify essential nutrients, their sources and the effects of not enough or too much intake of these nutrients to normal body function. You will also have the opportunity to analyze your own eating habits.

Learning outcomes:

- ❑ Identify major structures and functions of the human digestive system from a diagram, model or specimen.
- ❑ Describe the processes of mechanical digestion that take place at various sites along the alimentary canal.
- ❑ Identify functions of secretions along the digestive tract.
- ❑ Identify sites of chemical digestion along the alimentary canal as well as the type of nutrient being digested.
- ❑ Explain the role of enzymes in the chemical digestion of nutrients and identify factors that influence their action.
- ❑ Describe the processes of absorption that take place at various sites along the alimentary canal.
- ❑ Describe the homeostatic role of the liver with respect to the regulation of nutrient levels in the blood and nutrient storage.
- ❑ Describe the functions of the six basic types of nutrients: carbohydrates, lipids, proteins, vitamins, minerals and water.
- ❑ Identify dietary sources for each of the six basic types of nutrients.
- ❑ Evaluate personal food intake and related food decisions.
- ❑ Investigate and describe conditions/disorders that affect the digestive process.
- ❑ Use the decision-making process to investigate an issue related to digestion and nutrition.

Digestion And Nutrition Unit Study Guide

Tao Wei



Digestion And Nutrition Unit Study Guide:

The book delves into Digestion And Nutrition Unit Study Guide. Digestion And Nutrition Unit Study Guide is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Digestion And Nutrition Unit Study Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Digestion And Nutrition Unit Study Guide
 - Chapter 2: Essential Elements of Digestion And Nutrition Unit Study Guide
 - Chapter 3: Digestion And Nutrition Unit Study Guide in Everyday Life
 - Chapter 4: Digestion And Nutrition Unit Study Guide in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Digestion And Nutrition Unit Study Guide. The first chapter will explore what Digestion And Nutrition Unit Study Guide is, why Digestion And Nutrition Unit Study Guide is vital, and how to effectively learn about Digestion And Nutrition Unit Study Guide.
 3. In chapter 2, this book will delve into the foundational concepts of Digestion And Nutrition Unit Study Guide. This chapter will elucidate the essential principles that need to be understood to grasp Digestion And Nutrition Unit Study Guide in its entirety.
 4. In chapter 3, this book will examine the practical applications of Digestion And Nutrition Unit Study Guide in daily life. The third chapter will showcase real-world examples of how Digestion And Nutrition Unit Study Guide can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Digestion And Nutrition Unit Study Guide in specific contexts. This chapter will explore how Digestion And Nutrition Unit Study Guide is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Digestion And Nutrition Unit Study Guide. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Digestion And Nutrition Unit Study Guide.

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