How the Body uses Food

Name:

Date:

Begins on page 312 of the textbook, food for life.

1. In the past where did people focus their attention?
2. What are some current health concerns?
3. What are the 7 nutrients?
4. What do carbohydrates include?
5. What are the two classifications of carbohydrates?
6. Briefly describe simple carbohydrates
7. Briefly describe complex carbohydrates:
8. Why is protein important?
9. What happens to protein during digestion?
10. What is the function of fat?
11. Name and describe the two types of fats:
12. What is a vitamin?
13. Compare and contrast fat-soluble vitamins and water-soluble vitamins:
14. What are the two main functions of minerals?
15. What are two main body functions that fibre can provide?