

**Solution Manual for Nutrition for Life 4th Edition Thompson Manore
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CHAPTER **2** | **The Human Body: Are We Really What We Eat?**

Chapter Summary

We are prompted to seek food through both hunger and appetite.

The primary goal of digestion is to break food into molecules small enough to be transported throughout the body. The brain uses signals from the gastrointestinal (GI) tract and hormones to initiate hunger and satiation. When we eat, the food we consume is digested, the useful nutrients are absorbed, and the waste products are eliminated. These processes occur in the GI tract. Digestion begins in the mouth, where food is mechanically broken down by chewing and digestion of carbohydrates begins. Food travels to the stomach through the esophagus via peristalsis. Protein and a small amount of fat digestion occur in the stomach as the food is mixed with gastric juices. Most digestion and absorption occur in the small intestine. Accessory organs such as the pancreas, gallbladder, and liver assist with digestion and absorption as well. The large intestine digests any remaining food particles, absorbs water and chemicals, and moves feces to the rectum for elimination. The neuromuscular system involves coordination of the muscles and the nervous system to move food along the GI tract and to control all aspects of digestion, absorption, and elimination. A number of disorders can affect the GI tract. Heartburn or gastroesophageal reflux disease (GERD) can occur when hydrochloric acid (HCl) flows back into the esophagus. An ulcer is an area of the GI tract that has been eroded by a combination of HCl and pepsin and results in a burning pain in the abdominal area. A food intolerance is a transient response to foods that doesn't involve the immune system. A food allergy is an allergic reaction to food by the immune system. Other disorders that can affect the GI tract include celiac disease, irritable bowel syndrome, diarrhea, and constipation.

Learning Outcomes

After studying this chapter, you should be able to:

Fitness For Life 4th Edition Teachers Manual

Annelies Wilder-Smith



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