

8A Food and Nutrition

	1. Natrients
	The Road that you nat-
Oket	provides the raw materials
	your body needs for energy.
Nutrienta	Food substances that
	provide the raw materials
- Average and a	carbohydrates, fats,
	proteins, vitamins, minerals
Carbohydrates	Stanth and sugars
Fate.	Liquid fats any oils, Fats and
	sils are called lipids.
	Made of plant cell walls: not
Bases II	used by the body. Helps food
Före	move through the intestines.
10000	and stops them getting
	blocked.
	• a lubricant
Uses of	 dissolves substances to be
Wieler	carried around body
	 filtrup cells, holding shape
	 sweat to sool you down
Food Labels	Show the amounts of
	different nutrients in food.
Starch Food	Add 2 drops of lodine. If it
Test	hums blue black starch in
	previons.
Protein Food Test	Add 5 drops of biures
	solution. If it turns purple
	protein is present.
	Rub on some white paper
Fat Food Test	and hold up to the light, fats.
	will leave a greaty mark

2.0	ses of Mutrients
trace of	The body's main source of
Carbohydrates	energy.
	person, prosesses, pusses

Uses of Fats	Another source of energy that is stoned in your body. Some is stored under the skin to insulate the body. Dairy products, triad food
Maintaining Mass	The amount of fuel you use needs to balanced by the amount you eat.
Kilojoules (kil)	The units for measuring the energy in food.
Respiration	The process that releases overgy from food.
Energy Needs	Depends on age, sex and Now active you are.
Uses of Proteins	Make new cells allowing us to grow and repair our bodies. Most, fish, cheese, bears, milk
Uses of Vitamins and Minerals	Used in small amounts to maintain health.
Vitamin A	heoded for healthy skin and eyes.
Vitamin C	Helps cells in tissues stick together properly.
Calcium	hereded to make bones.
Brisis	Makes red blood rells.

	Towns or the second states
Samuel S	Balanced Diets
Balanced	Eating a range of foods in the
Dista	right amounts.
Malmutrition	Having too much / too little of a nutrient in your diet.
Deficiency	Caused by lacking certain
Disease	nutrients for a long time.
Kwashiorkor	Lack of protein causing a 'pot body'.
Night Blindness	Lack of vitamin A.
Source	Lack of vitamin C causing paintful joints and bleeding gums.

Richets	Lack of calcium / vitamin D causing bones not to form property.
Aruenia	Lack of iron-causing threshors and shortness of breath.
Starvition	Lucking nearly all nutrients recoded.
Obesity	Caused by eating food containing more energy than you need.
Heart Attack	Fat clogs arteries so little blood reaches the heart.
Reference Intakes	How much of each nutrient should be eaten in a day.

	4. Otgenbon	
E	Turning large invoto	bla
Digration	molecules into small	soluble
	Jones.	
Digestive System		
-	76	
-		
-		
1000		
(600)		
	-	-

Mouth	Teeth grind food and saliva helps digest food.
Gullet	(oesophagus / food pipe) Muscles contract pushing the food down.
Stomach	Food-churned with soid.
Small Intestine	More digestive juices added- urual digested molecules absorbed into body.
Large Intestine	Water is removed from undigested food- facces formed.
Rachura	Stores George

Area	Faeces pushed out body- egestion.
Gut Bacteria	Microorganisms needed to help-digest food.
Enzymes	Substances that speed up the breaking down of large molecules-biological catalysts.

	5. Absorption	
Olganifing Starch	-0-0	
Blood	Digested nutrients dissolve in the blood plasma and are carried around the body to cells.	
Diffusion	Movement of particles from an area of high concentration to low consentration.	
Small Intestine Adaptations	Has lists of tiny finger-shaped vill to increase surface area. Each villus has a folded top that forms microvill. Villi walls are one cell thick for easier diffusion.	
Alcohol	Causes fewer digestive enzymes to be released and can damage vill.	

Lesson	Memorised?
1. Nutrients	
2. Uses of Nutrients	
3. Balanced Diets	
4. Digestion	
5. Absorption	

Exploring Science 8ed Answers

Annelies Wilder-Smith

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Table of Contents Exploring Science 8ed Answers

- 1. Understanding the eBook Exploring Science 8ed Answers
 - The Rise of Digital Reading Exploring Science 8ed Answers
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Exploring Science 8ed Answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Exploring Science 8ed Answers
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Exploring Science 8ed Answers
 - Personalized Recommendations
 - Exploring Science 8ed Answers User Reviews and Ratings
 - Exploring Science 8ed Answers and Bestseller Lists
- 5. Accessing Exploring Science 8ed Answers Free and Paid eBooks
 - Exploring Science 8ed Answers Public Domain eBooks
 - Exploring Science 8ed Answers eBook Subscription Services
 - Exploring Science 8ed Answers Budget-Friendly Options

- 6. Navigating Exploring Science 8ed Answers eBook Formats
 - o ePub, PDF, MOBI, and More
 - Exploring Science 8ed Answers Compatibility with Devices
 - Exploring Science 8ed Answers Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Exploring Science 8ed Answers
 - Highlighting and Note-Taking Exploring Science 8ed Answers
 - Interactive Elements Exploring Science 8ed Answers
- 8. Staying Engaged with Exploring Science 8ed Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Exploring Science 8ed Answers
- 9. Balancing eBooks and Physical Books Exploring Science 8ed Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Exploring Science 8ed Answers
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Exploring Science 8ed Answers
 - Setting Reading Goals Exploring Science 8ed Answers
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Exploring Science 8ed Answers
 - Fact-Checking eBook Content of Exploring Science 8ed Answers
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements

• Interactive and Gamified eBooks

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