**Nutrition for Healthy Living 120**

**Ms. C. Courtney**

**Chapter 3 Test Review**

**Be familiar with the following information for your test:**

1. The Six Nutrient Groups and their Functions
	1. fat
	2. carbohydrates
	3. protein
	4. vitamins
	5. minerals
	6. water

*(Textbook pages 43 – 45 and handouts from student presentations)*

1. The Energy Value of Food *(Textbook page 46)*
2. The Three Functions of Nutrients
	1. build and repair tissue
	2. regulate body processes
	3. provide energy
3. The Digestion Process *(Textbook pages 46 – 50)*
	1. mouth
	2. esophagus
	3. stomach
	4. small intestine
	5. large intestine
4. The Difference Between Mechanical Digestion and Chemical Digestion
5. Absorption of Nutrients *(textbook page 50)*
6. Metabolism *(textbook pages 50 – 51)*
7. How Waste Products of Cell Metabolism Leave the Body:
	1. urine through kidneys
	2. breath through lungs
	3. perspiration through skin
8. Factors Affecting Digestion and Absorption
	1. eating habits
	2. emotions
	3. food allergies
	4. physical activity
9. Eating Disorders (textbook pages 53 – 55)
10. Eating Habits That Would Promote Normal Digestion and Absorption:
	1. Choose nutrients that include a wide range of foods.
	2. Include good sources of fiber in the diet such as fruits, vegetables, and whole grains.
	3. Avoid eating too quickly.
	4. Eat a moderate amount of food.
	5. Choose foods that are free from spoilage and contamination.