

## Nutrition for Healthy Living 120: Review Digestion and Carbohydrates

Vocabulary: Be able to explain the following:

Digestion	Absorption	Sucrose
Mechanical digestion	Metabolism	Maltose
Chemical digestion	Metabolic rate	Lactose
Salivary amylase	6 nutrient groups	Polysaccharides
peristalsis	Nutrients	Starch
Enzyme	Macronutrients	Fiber
Mastication	micronutrients	satiety
Chime	Carbohydrates	Simple carbohydrates
Bolus	Monosaccharides	Complex carbohydrates
pepsin	Glucose	Insoluble fibers
Gastric juices	galactose	Soluble fibers
Bile	Fructose	
villi	Disaccharides	

Questions:

1. Name the 6 basic nutrients you must obtain from the foods you eat.
2. What are the 3 main functions of nutrients?
3. What is the difference between macronutrients and micronutrients? Give an example of each.
4. What is the difference between mechanical and chemical digestion? Where does each type of digestion take place?
5. Briefly explain the process of digestion from the mouth to the large intestine.
6. What is the function of mucus? Where is it found?
7. What is the function of salivary amylase? Where is it produced?
8. What is the main job of the large intestine?
9. Name two monosaccharides and two disaccharides.
10. How do simple carbohydrates differ from complex carbohydrates?
11. List 3 sources of fiber.
12. What is the difference between a refined grain and a whole grain? Give two examples of each.
13. Where is the body's glycogen stored and how is it used?
14. What happens to a person blood glucose level after eating?
15. What form must all carbohydrates be in for cells to use them as energy? How does this happen?
16. Classify each of the following as simple or complex carbohydrates:
  - a. Fiber
  - b. Glucose
  - c. Monosaccharide
  - d. Polysaccharide
  - e. Starch
  - f. Sugars
17. Describe the health benefits of soluble and insoluble fiber.
18. What are the 4 main functions of carbohydrates?
19. If you do not eat enough carbohydrates, how will your body get its energy?
20. Why do refined sugars in the diet cause greater concern among nutrition experts than naturally occurring sugars?
21. If a person needs 3,000 calories per day, about how many of these calories should come from complex carbohydrates? Refined sugar?

Fill in the blanks:

- 1) The enzyme \_\_\_\_\_ helps break down starches in the mouth.
- 2) The \_\_\_\_\_ closes to keep food from entering the trachea.
- 3) The liver produces \_\_\_\_\_ which helps fat digestion.
- 4) The \_\_\_\_\_ connects the mouth to the stomach.
- 5) Most absorption takes place in the \_\_\_\_\_.
- 6) \_\_\_\_\_ is stored in the gallbladder.
- 7) The most digestion occurs in the \_\_\_\_\_ 95% of it.
- 8) When food leaves the stomach it goes into the \_\_\_\_\_.
- 9) The least amount of digestion occurs in the \_\_\_\_\_.
- 10) \_\_\_\_\_ are the body's preferred fuel source.
- 11) Monosaccharides and disaccharides are known as \_\_\_\_\_ carbohydrates.
- 12) \_\_\_\_\_ is a disaccharide known as table sugar.