

Nutrition 120 Exam Review: Unit 2 Digestion and Carbohydrates

Terms:

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

Review Questions:

1. What is the difference between macronutrients and micronutrients? Give an example of each.
2. What is the difference between mechanical and chemical digestion? Where does each type of digestion take place?
3. Briefly explain the process of digestion from the mouth to the large intestine.
4. Name two monosaccharides and two disaccharides.
5. How do simple carbohydrates differ from complex carbohydrates?
6. Classify each of the following as simple or complex carbohydrates:

Lactose _____	Starch _____	Glucose _____
Fiber _____	Sucrose _____	monosaccharides _____
7. List 3 good sources of fiber.
8. Where is the body's glycogen stored?
9. What are the 4 main functions of carbohydrates?
10. Why are carbohydrates the body's preferred source of energy?
11. What happens if you do not eat enough carbohydrates?
12. What advice would you offer a friend who wanted to go on a no-carb diet?
13. Why should you try to eat a diet containing foods rich in complex carbohydrates, rather than simple carbohydrates?
14. Why do refined sugars in the diet cause greater concern than natural sugars?
15. If a person needs 2,500 calories per day, how many of these calories should come from carbohydrates?
Refined sugar?