**Review Sheet**

**Terms**

**Terms Note definition Your definition One word/Picture**

|  |  |  |  |
| --- | --- | --- | --- |
| **Digestion** |  |  |  |
| **Absorption** |  |  |  |
| **Elimination** |  |  |  |
| **Mastication** |  |  |  |
| **Bolus** |  |  |  |
| **Peristalsis** |  |  |  |
| **GERD** |  |  |  |
| **Chyme** |  |  |  |
| **Nutrition** |  |  |  |
| **Diet** |  |  |  |
| **Carbohydrates** |  |  |  |
| **Simple Carbs** |  |  |  |
| **Complex carbs** |  |  |  |
| **Fats** |  |  |  |
| **Saturated fats** |  |  |  |
| **Trans fats** |  |  |  |
| **Proteins** |  |  |  |
| **Complete proteins** |  |  |  |
| **Incomplete proteins** |  |  |  |
| **Vitamins** |  |  |  |
| **Minerals** |  |  |  |
| **Water** |  |  |  |
| **Fiber** |  |  |  |
| **Antioxidants** |  |  |  |

|  |  |  |
| --- | --- | --- |
| **Esophagus** |  |  |
| **Stomach** |  |  |
| **Small Intestine** |  |  |
| **Large Intestine** |  |  |
| **Liver** |  |  |
| **Pancreas** |  |  |
| **Gall Bladder** |  |  |

**Answer the following questions.**

1. **Formulate a list of reasons to why learning about nutrition is vital to your health.**
2. **Explain why it is crucial for you to have an understanding of nutrition.**
3. **Explain Carbohydrates, Proteins, and Fats role in your diet.**
4. **Simple VS Complex which should you choose if you are preparing for important event? Be sure to explain your reasoning.**
5. **Describe what a person should know before becoming a vegetarian.**
6. **Describe the three types of fats; which two are harmful to you? Explain why.**
7. **Contrast water soluble vitamins with fat soluble vitamins.**
8. **Explain what things you should be looking for on a food label (to avoid; to consume).**
9. **Explain why knowing your approximate caloric intake is beneficial to a healthy life.**
10. **Describe the role each of the following structures plays in digesting food:**

**Mouth**

**Esophagus**

**Stomach**

**Small intestine**

1. **Digestion is a chemical and physical procedure. What does this mean? Give an example for each**
2. **List the steps involved in digestion. (Be sure to write structures and digestive jargon(terminology) for each step/Be detailed!).**