

Digestive System Nutrition Questions

Nutrition Questions - Chapter 15

Molecular Structure - Chapter 2

A. Water

1. Why is water considered a nutrient?

B. Carbohydrates

1. All carbohydrates are made up of what units?
2. Define: Polysaccharide, Disaccharide, Monosaccharide.
3. Name two common Polysaccharides, two common disaccharides and two common monosaccharides
4. Which monosaccharide is preferred by our bodies for respiration?
5. What is glycogen and how is the liver involved in its use?

C. Lipids

1. Differentiate between the chemical structures of saturated and unsaturated lipids.
2. What is the natural source of saturated and unsaturated lipids respectively?
3. Name two used of lipids in the body.

D. Proteins

1. What chemical element is present in proteins that is absent in lipids and carbohydrates?
2. What are the sub-units of proteins?
3. What is meant by 'essential amino acids'? How many are there?

4. What are the two different uses of proteins in the body?
5. Since your body has the ability to identify proteins from other organisms as being foreign, why doesn't eating a steak and a salad cause your body to put up an immune response?

E. Minerals

1. Where are most minerals stored in your body?
2. Explain what the body uses each of the following minerals for:

Calcium:

Phosphorus:

Iron:

Potassium:

Iodine:

F. Vitamins

1. What is the difference between fat soluble and water soluble vitamins? Name two from each group.
2. Why is vitamin D essential to proper bone formation?
3. What will be the result of a lack of vitamin K?
4. What is vitamin B-12 essential for?
5. What is vitamin C essential for?