

Unit 2: Digestion & Nutrition

In this unit, you will study the structure and function of the human digestive system as well as some of the disorders and diseases that affect this system. You will identify essential nutrients, their sources and the effects of not enough or too much intake of these nutrients to normal body function. You will also have the opportunity to analyze your own eating habits.

Learning outcomes:

- ❑ Identify major structures and functions of the human digestive system from a diagram, model or specimen.
- ❑ Describe the processes of mechanical digestion that take place at various sites along the alimentary canal.
- ❑ Identify functions of secretions along the digestive tract.
- ❑ Identify sites of chemical digestion along the alimentary canal as well as the type of nutrient being digested.
- ❑ Explain the role of enzymes in the chemical digestion of nutrients and identify factors that influence their action.
- ❑ Describe the processes of absorption that take place at various sites along the alimentary canal.
- ❑ Describe the homeostatic role of the liver with respect to the regulation of nutrient levels in the blood and nutrient storage.
- ❑ Describe the functions of the six basic types of nutrients: carbohydrates, lipids, proteins, vitamins, minerals and water.
- ❑ Identify dietary sources for each of the six basic types of nutrients.
- ❑ Evaluate personal food intake and related food decisions.
- ❑ Investigate and describe conditions/disorders that affect the digestive process.
- ❑ Use the decision-making process to investigate an issue related to digestion and nutrition.

Digestion And Nutrition Study Guide

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