Chapter 38

Digestive and Excretory Systems

Section 38-1 Food and Nutrition (pages 971-977)

This section identifies the nutrients your body needs and explains why water is such an important nutrient.

Food and Energy (page 971)

- Cells convert the chemical energy in glucose and other molecules into _______.
- 2. The energy stored in food is measured in units called
- Is the following sentence true or false? The energy needs of an average-sized teenager are about 3000 Calories.
- Is the following sentence true or false? Your body can extract energy from almost any type of food.
- 5. Besides supplying fuel, what are other important functions of food? ______
- 6. What is the science of nutrition?

Nutrients (pages 972-975)

- Substances in food that supply the energy and raw materials your body uses for growth, repair, and maintenance are called
- 8. List the six nutrients that the body needs.
 - List the six nutrients that the oxy needs.
 - b. _____ f. ____
- Circle the letter of each sentence that is true about water as a nutrient.
 - Water is the most important of all nutrients.
 - Every cell in the human body needs water.
 - c. Many of the body's processes take place in water.
 - d. Water makes up the bulk of bodily fluids including blood.
- 10. How is water lost from the body? _____
- 11. If enough water is not taken in to replace what is lost,

____ can result.

38 Digestive And Excretory Systems Workbook Answers

Robert R. Redfield

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