

Chapter 38 Digestive and Excretory Systems

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

 **Key Concepts**

- What are the nutrients your body needs?
- Why is water such an important nutrient?

Food and Energy (page 971)

1. Cells convert the chemical energy in glucose and other molecules into _____.
2. The energy stored in food is measured in units called _____.
3. Is the following sentence true or false? Your body can extract energy from almost any type of food. _____
4. Besides supplying fuel, what are other important functions of food? _____

5. What is the study of nutrition? _____

Nutrients (pages 972–975)

6. Substances in food that supply the energy and raw materials your body uses for growth, repair, and maintenance are called _____.
7. List the six nutrients that the body needs.

a. _____	d. _____
b. _____	e. _____
c. _____	f. _____
8. Circle the letter of each sentence that is true about water as a nutrient.
 - a. Water is the most important of all nutrients.
 - b. 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.

Section 38 1 Food And Nutrition Answers

Jessica J Manson



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