

Chapter 5 Nutrients At Work Answers

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Chapter 5 Nutrients At Work

Chapter 5 - Nutrients at Work. STUDY. Flashcards. Learn. Write. Spell. Test. PLAY. Match. Gravity. Created by. angela_hansen7. Terms in this set (25) malnutrition. poor nourishment resulting from a lack of nutrients. anemia. a blood disorder that causes lack of energy, weakness, shortness of breath and cold hands and feet; caused by the lack of ...

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Chapter 5 - Nutrients at Work Flashcards | Quizlet. *Identify the nutrients in foods and their main functions. *Describe the digestive process and its stages. *Summarize the body's absorption of nutrients. Search.

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Chapter 5: Nutrients at Work. 1. Absorption--nutrients move into the blood stream; usually takes place in the small intestine. 2. Adequate intakes--Dietary Reference Intake used when dietary allowance for a nutrient can't be scientifically established. Anemia--Blood disorder characterized by lack of energy, weakness, shortness of breath, and cold hands and feet; caused by lack of iron. basal metabolism--Minimum amount of energy needed to maintain basic body processes Calorie--Amount of ...

Chapter 5: Nutrients at Work

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CHAPTER 5 NUTRIENTS AT WORK NUTRIENTS IN FOOD •Carbohydrates – energy •Fats – stored energy, insulation, cushion •Proteins – help build, repair, and maintain muscles •Vitamins – helps cells, tissues and organs stay healthy •Minerals – help use other nutrients •Water – chemical reactions, body temp, transportation MEMORY

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Chapter 5 explains how the nutrients in foods affect how we feel and function, and how our bodies use and absorb them. Chapter 6 explores carbo- hydrates, the largest part of a healthy diet. Carbohydrates are the body's main source of energy, and come in three dif- ferent types. Chapter 7

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addresses the role of proteins.

UNIT 2 Food in Your Life

Health Appearance Fitness Weight Illness Healing Emotions Future Health Nutrients Carbohydrates Proteins Fats Vitamins Minerals Phytonutrients Water Requirements RDA- Recommended Dietary Allowance AI- Adequate Intakes DRI- Dietary Reference Intakes Recommended calorie sources:

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Direct patient care (medical nutrition therapy) is provided by the public health nutritionist in accordance with policies and procedures delineated in this manual chapter under "Ambulatory Nutrition Services" (see section 3-5.5).

Chapter 5 - Nutrition | Part 3

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Nutrients at Work : Chapter 5 by Amy Polites Feese on Prezi

Chapter 5 Nutrients at Work. Tools. Copy this to my account; E-mail to a friend; Find other activities; Start over; Help; A B; absorption: movement of nutrients into blood stream: adequate intakes: dietary reference intake used when dietary allowance for nutrient can't be scientifically established: anemia: blood disorder characterized by lack ...

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Chapter 5--Nutrients at Work. From the video and on page 60 the . six basic nutrients . are listed. List each nutrient and after each nutrient write the . function. of the nutrient. 1. 2. 3. 4. 5. 6. 7. Which of the six nutrient(s) do you sometimes hear about in the media? List it . and . explain why . we might hear about it. 8. Page 65, read the entire section under

RCAS

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Chapter 5 Nutrients at Work 61 Nutrient Requirements Everyone needs the same nutrients. However, different people need these nutrients in different amounts. For example, women and teenage boys need more iron than men. Nutrients are measured in the metric units of grams (g), milligrams (mg), and micrograms (μg). To find out how much of each nutrient

UNIT 2 Nutrition Basics - Creekside Academy

help cells Date Chapter 5 Nutrients at Work Content and Academic Vocabulary English Language Arts Fill In the Blank NCTE 12 Use language to Directions Complete each sentence with the term from the list that fits best Content Vocabulary Academic Vocabulary e enzyme . esophagus maintain vital ·malnutrition anemia Dietary Reference Intakeperistalsis Recommended Dietary basal metabolism Allowance ...

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