**THE DIGESTIVE SYSTEM *(PART 1: Nutrients)* Name:**

 **(Refer to pp. 64 – 69 of BC Science 8)**

**Four Food Groups**

* To make sure you eat an healthy diet, it is important to eat a variety of foods from the four food groups:
* \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **What are Nutrients?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
	+ We get nutrients from what we \_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_

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**Types of Nutrients:**

1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*\*\*Water**

* Is \_\_\_\_\_\_\_ a nutrient, but is necessary for \_\_\_\_\_\_\_\_\_\_\_\_\_.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_ other nutrients and wastes, and is necessary for many \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and for \_\_\_\_\_\_\_\_\_\_\_\_\_ the body.
* Your body requires \_\_\_\_ to \_\_\_\_ L of water per day.

Table 1: **Types of Nutrients**

|  |  |  |
| --- | --- | --- |
| **Type of Nutrient** | **Main Purpose of Nutrient** | **Examples of Nutrient** |
| 1. **Carbohydrates**
 | The bodies quickest source of \_\_\_\_\_\_\_\_The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in your body cells change \_\_\_\_\_\_\_\_\_ into energy through the process of \_\_\_\_\_\_\_\_\_\_\_\_\_\_. Your body uses this energy for \_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_. | Two types: \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **simple carbohydrates**: a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of sugar **complex carbohydrates**: a \_\_\_\_\_\_\_\_\_\_\_ of simple carbohydrates joined together E include: \_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_ |
| 1. **Proteins**
 | Used to build parts of your body’s \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_ | Examples include: \_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_ products |
| 1. **Fats**
 | Used to build \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and can be \_\_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_. | Two types: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_ fats**unsaturated fats**: \_\_\_\_\_\_\_\_\_ fatex. fruit, vegetables, fish, corn oil, olive oil, and vegetable oil**saturated fat**: \_\_\_\_\_\_\_ fatex. Animal fats, such as butter or lardMay cause the build-up of \_\_\_\_\_\_\_\_\_\_\_: a fatty material that is deposited along the walls of blood vessels |
| 1. **Minerals &**
2. **Vitamins**
 | Needed in \_\_\_\_\_\_\_\_\_ amounts to perform various body functions | Two common minerals and vitamins are \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_Calcium is important to help build strong \_\_\_\_\_\_\_\_.Vitamin D helps the body absorb \_\_\_\_\_\_\_\_\_\_\_\_\_. |