

The Digestive Process

Investigation 1

Scientist's Glossary



Tool: Rehearsal

Rehearsal strategies include:

- saying the definition to yourself.
- being quizzed by someone else.
- drawing a diagram or picture from memory.
- looking for everyday examples of terms.
- using the terms to solve a problem.
- conducting experiments that use these terms.

1. **Chemical digestion:** A chemical breakdown of food into the smallest substances and nutrients that the body uses to function. Chemical digestion causes a chemical change in food.
2. **Digestion:** The breakdown of food into nutrients. The breakdown of food occurs by both mechanical and chemical digestion.
3. **Digestive system:** The organs and structures of the body responsible for the process of digestion.
4. **Food:** Any substance that can be consumed and digested into nutrients that the body can use to function.
5. **Mechanical digestion:** A physical breakdown of food into smaller particles. Mechanical digestion does not cause a chemical change in food.
6. **Nutrients:** Substances in food that are needed for the body to function and be healthy. The six classes of nutrients are: water, proteins, carbohydrates, lipids (fats), vitamins, and minerals.

Understanding Nutrition Labels

Investigation 2

Scientist's Glossary



Tool: Rehearsal

1. **Daily Value (DV):** the amount of daily nutrients required for a healthy individual. Daily values are based on research done by scientists.
2. **Digestive system:** the organs and structures of the body responsible for the process of digestion.
3. **Food group:** A group of foods that have a similar mix of nutrients.
4. **MyPyramid:** A resource for making food choices for a healthy body.
5. **Nutrients:** Substances in food that are needed for the body to function and be healthy. The six classes of nutrients are water, proteins, carbohydrates, lipids (fats), vitamins, and minerals.
6. **Nutrition:** The study of foods and how the body uses foods to stay healthy.
7. **Nutrition label:** information on the package a food product that describes its nutritional value. A nutrition label lists a food's nutrients, Percent Daily Value of nutrients, and serving size.
8. **Percent Daily Value (%DV):** percentage or part of the Daily Value of a nutrient in a food.
9. **Serving size:** An individual portion of food listed on a nutrition label. The serving size for food items can be different.

Exploring Carbohydrates

Investigation 3

Scientist's Glossary



Tool: Rehearsal

1. **Carbohydrate:** One of the six nutrients the body needs for good health. Carbohydrates include sugars, starches, and dietary fiber. One function of carbohydrates is to supply energy to the body.
2. **Glucose:** A sugar that occurs after the digestion of many of the carbohydrates a person eats or drinks. Glucose is carried by blood to all parts of the body for energy. Glucose is also found in fruits and honey.
3. **Nutrients:** Substances in food that are needed for the body to function and be healthy. The six classes of nutrients are water, proteins, carbohydrates, lipids (fats), vitamins and minerals.

Exploring Fats

Investigation 4

Scientist's Glossary



Tool: Rehearsal

1. **Fat:** A type of lipid that can be used by the body for energy. Fats also help the body keep its normal temperature and help cushion the body's organs.
2. **Lipid:** One of the six nutrients the body needs to function properly. There are several different types of lipids including: fats, oils and waxes. Lipids are found in both plants and animals.
3. **Nutrients:** Substances in food that are needed for the body to function and be healthy. The six classes of nutrients are: water, proteins, carbohydrates, fats (lipids), vitamins, and minerals.

Exploring Proteins

Investigation 5

Scientist's Glossary



Tool: Rehearsal

1. **Nutrients:** Substances in food that are needed for the body to function and be healthy. The six classes of nutrients are: water, proteins, carbohydrates, lipids (fats), vitamins, and minerals.
2. **Proteins:** One of the six nutrients the body needs to function properly. Proteins perform many functions in the body including building and repairing the body's organs and structures.