

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Chapter **35** **The Digestive and Endocrine Systems, continued**

**Reinforcement and Study Guide**

Section 35.2 Nutrition

In your textbook, read about carbohydrates, fats, and proteins.

Complete the table by checking the correct column(s) for each description.

Description	Carbohydrates	Fats	Proteins
1. the most energy-rich nutrients		X	
2. sugars, starches, and cellulose	X		
3. broken down into amino acids			X
4. part of a nutritious, balanced diet	X	X	X
5. normally used for building muscle, but can be used for energy			X
6. broken down into glucose, fructose, and other simple sugars	X		
7. used to insulate the body from cold		X	

In your textbook, read about minerals and vitamins, water, and metabolism and calories.

Complete each statement.

- Minerals are inorganic substances that help to build tissue or take part in chemical reactions in the body.
- Unlike minerals, vitamins are organic nutrients that help to regulate body processes.
- The two major vitamin groups are the Fat soluble and the water soluble vitamins.
- The energy content of food is measured in Calories, each of which is equal to 1000 calories.
- Despite the claims of many fad diets, the only way to lose weight is to metabolize more calories than you eat.