

Chapter 38**Digestive and Excretory Systems****Section 38–1 Food and Nutrition (pages 971–977)**

This section identifies the nutrients your body needs and explains why water is 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? The energy needs of an average-sized teenager are about 3000 Calories.

4. Is the following sentence true or false? Your body can extract energy from almost any type of food. _____
5. Besides supplying fuel, what are other important functions of food? _____

6. What is the science of nutrition? _____

Nutrients (pages 972–975)

7. Substances in food that supply the energy and raw materials your body uses for growth, repair, and maintenance are called _____.
8. List the six nutrients that the body needs.
a. _____ c. _____ e. _____
b. _____ d. _____ f. _____
9. 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.
10. How is water lost from the body? _____

11. If enough water is not taken in to replace what is lost,
_____ can result.

Chapter 38 Digestive And Excretory Systems Workbook Answers

**Rob DeSalle, Holt Rinehart and
Winston**



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