

**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)

- Cells convert the chemical energy in glucose and other molecules into \_\_\_\_\_.
- The energy stored in food is measured in units called \_\_\_\_\_.
- Is the following sentence true or false? The energy needs of an average-sized teenager are about 3000 Calories.  
\_\_\_\_\_
- Is the following sentence true or false? Your body can extract energy from almost any type of food. \_\_\_\_\_
- Besides supplying fuel, what are other important functions of food? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What is the science of nutrition? \_\_\_\_\_  
\_\_\_\_\_

**Nutrients** (pages 972–975)

- Substances in food that supply the energy and raw materials your body uses for growth, repair, and maintenance are called \_\_\_\_\_.
- List the six nutrients that the body needs.
 

a. _____	c. _____	e. _____
b. _____	d. _____	f. _____
- Circle the letter of each sentence that is true about water as a nutrient.
  - Water is the most important of all nutrients.
  - Every cell in the human body needs water.
  - Many of the body's processes take place in water.
  - Water makes up the bulk of bodily fluids including blood.
- How is water lost from the body? \_\_\_\_\_  
\_\_\_\_\_
- If enough water is not taken in to replace what is lost, \_\_\_\_\_ can result.

# Chapter 38 Digestive And Excretory Systems Section Review 3 Answers

**DJ Losen**



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