

Nutrition

Levels of Organization of Living Things

- From Cell to Organism

<https://www.edumedia-sciences.com/en/media/931-from-the-cell-to-the-organism>

Organism

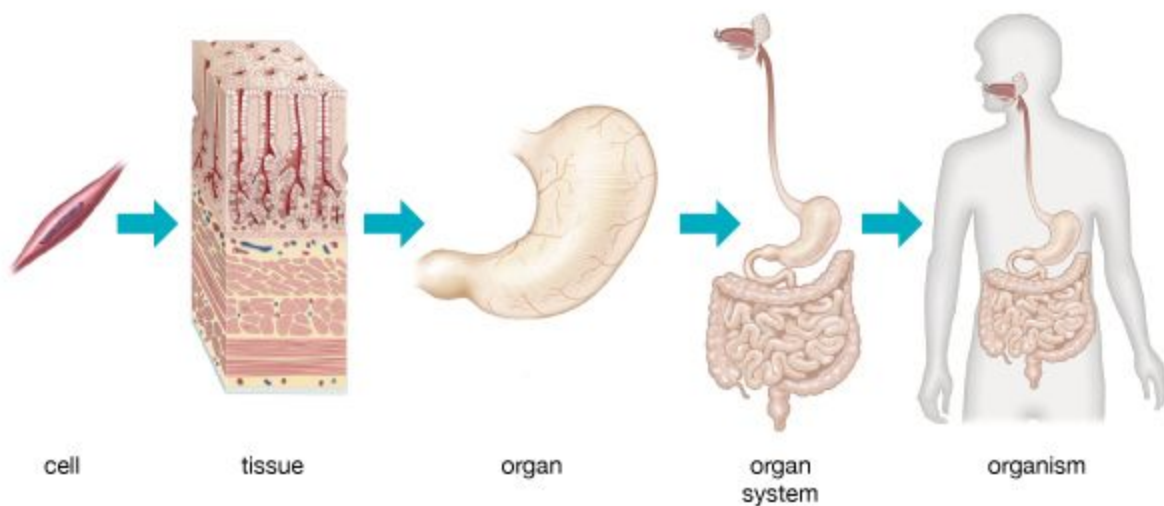
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Levels of organization



Nutrition

- Involves the digestive system
- This keeps the rest of the organism healthy

Our bodies are amazing machines.

Once we put food in our mouths a series of mechanisms are set in motion.

The food must be broken down for our cells to receive the nutrients they need.

Nutrients get used and **byproducts** are eliminated.

The food we put in our mouths should contain _____.

Byproducts are _____ and must be _____.

We eliminate byproducts using our kidneys, sweat glands, lungs and rectum.

Food and its Use by the Body

- Humans must eat food and drink water to stay alive.
- There are many different types of food.

Food is _____.

Nutrients in Food

- Not all foods contain the same nutritional components.
- What they offer in terms of nutrients is different.

e.g. tomatoes _____

steak _____

A **nutrient** is _____
_____.

There are 6 types of nutrients

- _____
- _____
- _____
- _____
- _____
- _____

Each nutrient has a specific role in the body.

What is the function of food?

Foods have **3 basic functions** in the body:

- _____
- _____
- _____

Which Foods Build and Repair Body Tissues?

- Foods rich in proteins
- Proteins are large molecules that consist of long chains of amino acids

		
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e.g.

meat	fish	cheese	legumes
nuts	tofu	eggs	dairy

- _____

- _____

- _____
