

University of Phoenix Material

SCI 220 Nutrition and Health Worksheet

Use Ch. 1 of *Contemporary Nutrition*, Ch. 2 of *Visualizing Nutrition*, supplemental course materials, the University Library, the Internet, or other resources to answer the following questions. Your response to each question should be 75 to 100 words.

1. What is nutrition? Why is nutrition essential to our daily lives?

Nutrition is the process of providing, or obtaining the food necessary for human health, and growth. When we take eat food or drink any kind of liquid our body digests, and absorbs the all the essential minerals, vitamins, fats, proteins, carbohydrates, and water from these food or liquids, which inserts all of these things into our bloodstream, and energy that helps our body to grow, and stay healthy.

2. What is the connection between nutrition and health?

It is said that good health is largely dependent on good nutrition, so much that doctors trace many physical, and emotional ailments back to a diet that lacks the minerals, and vitamins we all need. That is why there are many types of medicines and drugs that try to simulate, or replicate these essentials.

3. What are the six classes of nutrients? What are essential nutrients? What are the sources of nutrients? What do nutrients do?

The Six Classes of Nutrients Are:

1. Carbohydrates
2. Proteins
3. Lipids (fats)
4. Vitamins
5. Minerals

By definition essential nutrients is: An essential nutrient, which is a nutrient required for normal body functioning that either cannot be synthesized by the body at all, or cannot. Some sources of nutrients are calcium, omega 3 fatty acids, folic acid, magnesium, vitamin A, and C. They can do a lot of things for example they can help your body build tissue, repair damaged cells, and produce energy.

4. How do vitamins and minerals work?