

## Nutrition Revision Sheet

- A balanced diet consists of the correct amounts of carbohydrate, fat, protein, vitamins, minerals, fibre and water - common sources and functions of these nutrients.
- The effects of a shortage of protein, iron, calcium, vitamins C and D, fibre in the diet.
- The iodine test for starch, the Benedict's test for sugar, the Biuret test for protein and the emulsion (alcohol and water) test for fat.
- The structure of the human digestive system, including the mouth, gullet, stomach, small intestine, large intestine, rectum and anus, and the location of the pancreas, liver and gall bladder.
- The meaning of the terms ingestion, digestion, absorption, assimilation and egestion.
- The muscular wall of the gut moves food through the system and the secretory lining produces enzymes to digest the food.
- Amylase enzyme digests starch into sugar (glucose), protease enzyme digests protein into amino acids, lipase enzyme digests fat into fatty acids and glycerol.
- Enzyme action can be affected by temperature and pH.
- Digestion of large molecules to small molecules allows nutrients to be absorbed into the bloodstream and transported to all parts of the body where they are used for growth, repair and energy.
- The features of villi that assist efficient absorption of nutrients into the bloodstream.
- How to interpret graphs, bar charts and tables of nutritional information and energy values.

