Notes 85L.2:

1. A balanced diet combined with regular exercise aid in the overall general health of the body. The amount of energy required to maintain minimum essential life functions is called basal metabolic rate, or BMR. Food energy is measured in calories.
2. For the body to use food (proteins, lipids, carbohydrates) for energy and building materials, the food must first be digested into molecules that are transported to cells.
3. Metabolism is the set of chemical reactions involved in storing fuel molecules and converting fuel molecules into energy.
4. If one consumes more calories than the body uses, the excess is stored and weight is gained. Weight loss occurs when fewer calories are taken in than the body needs.
5. The heart/lung system work together to deliver oxygen rich blood to all of the organs, tissues and cells of the body. Lungs take in oxygen for the combustion of food and they eliminate the carbon dioxide produced. The circulatory system moves all these substances to or from cells where they are needed or produced, responding to changing demands.
6. Regular exercise is important to maintain healthy/heart/lung system, good muscle tone, and bone strength.
7. Energy In = Energy Out. Caloric intake must equal caloric output. Food components (protein, fat, and carbohydrate) taken into the body have the following fates: used to fuel metabolic activities and physical activities, incorporated into growing body tissues, stored as fat.

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Answer the following questions from discussion and readings

1. How do the nutrients travel through out the body?
2. How does a person gain weight?
3. How does a person loose weight?
4. What are the three types of molecules that the body uses?
5. How are the three types of molecules used within the body?
6. What does a person need to do to maintain a healthy body?
7. How does tobacco and alcohol affect the body? Short term and long term effects.
8. Does the problem of alcohol and tobacco affect more than just the person who is using? Why or why not?
9. What is metabolism and how does it affect how your body converts food?
10. Does everyone consume the same amount of calories? Why or why not and justify your answer.

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