

Human nutrition

Diet

Balanced diet

All nutrients Correct proportions Right energy

Carbohydrates, fats, protein

Energy Insulation and store Growth and repair

Vitamins C and D

C: skin and gums D: absorbs calcium

Calcium and iron

Bones and teeth Haemoglobin

Fibre and water

Bulk, no constipation Solvent for reactions

Digestive system

Alimentary canal

Mouth, oesophagus, stomach Duodenum, ileum

Colon, rectum, anus

Associated organs

Salivary glands Pancreas Liver Gall bladder

Five processes

Ingestion, digestion Absorption Assimilation Egestion

Stomach **Supplement**

Hydrochloric acid

Chemical digestion

Large insoluble to small soluble

Enzymes Can be absorbed

Amylase **Supplement**

Starch to sugars Salivary glands, pancreas

Protease **Supplement**

Protein to amino acids Stomach, pancreas

Lipase **Supplement**

Fats to fatty acids and glycerol Pancreas