



Assessment 4 Instructions: Homework: Digestion Lab

Complete an interactive lab on the digestive system.

Energy and the Human Body

All body systems need energy to function. The body fuels cells with the nutrients and gases necessary to function properly. Our body takes in oxygen and circulates it through the bloodstream. Many chemical reactions in the body require cellular energy and need oxygen to drive these reactions. Some of these reactions are used to break down food and metabolize what we eat, which are a part of the digestive system.

As Tanya ages, her metabolism decreases. The food she eats impacts the energy she needs to function. Not enough food or too much food can also impact her body functions. What can she do to get the proper nutrients but not gain weight? Let us take a closer look at the digestive and respiratory systems to learn about how they function in Tanya's body and how Tanya gets energy.

The body needs energy to live. The digestive and respiratory systems work to provide this energy with nutrients and oxygen. We eat food to provide energy to our cells. The digestive system breaks the food down into smaller macromolecules that the cells can process for energy. In order for the cells to utilize the nutrients, oxygen from the respiratory system is needed. The respiratory system takes in oxygen from the air and helps to expel the carbon dioxide we generate.

Overview

In this lab, you will be looking at food labels. Food labels provide important information about the nutrient content of packaged food. You will analyze a food label from your own kitchen and discuss whether the food item is a healthy choice. Try to find a food item you eat often to see whether or not this is a healthy choice.

- [Digestion Lab](#).

Instructions

Remember the following as you go through the lab:

- Complete the assessment at the end of the lab. To do this, fill out the items requested within the lab, download that document or documents to your computer, and save it. You must attach the documents to the assignment and then submit the assignment.
- Make sure that you read the Homework: Digestive System Lab Scoring Guide prior to submitting your document to ensure you have met all of the expectations for this assignment.
- It is recommended to review the scoring guide prior to downloading your document, or documents, to your computer, since all work must be completed within the lab.

Competencies Measured

By successfully completing this assignment, you will demonstrate your proficiency in the following course competencies and assessment criteria:

- Competency 2: Apply concepts of human biology to the social sciences.
 - Estimate daily caloric need.
 - Calculate percentage of daily calories of the food item.
 - List serving size and calories in a serving, and calories from fats.
 - List the sodium content, carbohydrates, sugar, protein, vitamins, and minerals found in the food item.
 - Analyze the food item based on label.
 - Analyze if packaging is misleading.



SCORING GUIDE

Use the scoring guide to understand how your assessment will be evaluated.

[VIEW SCORING GUIDE](#) 