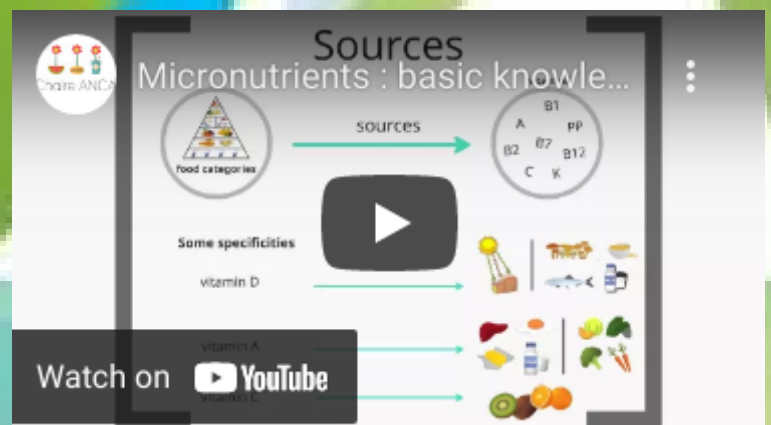
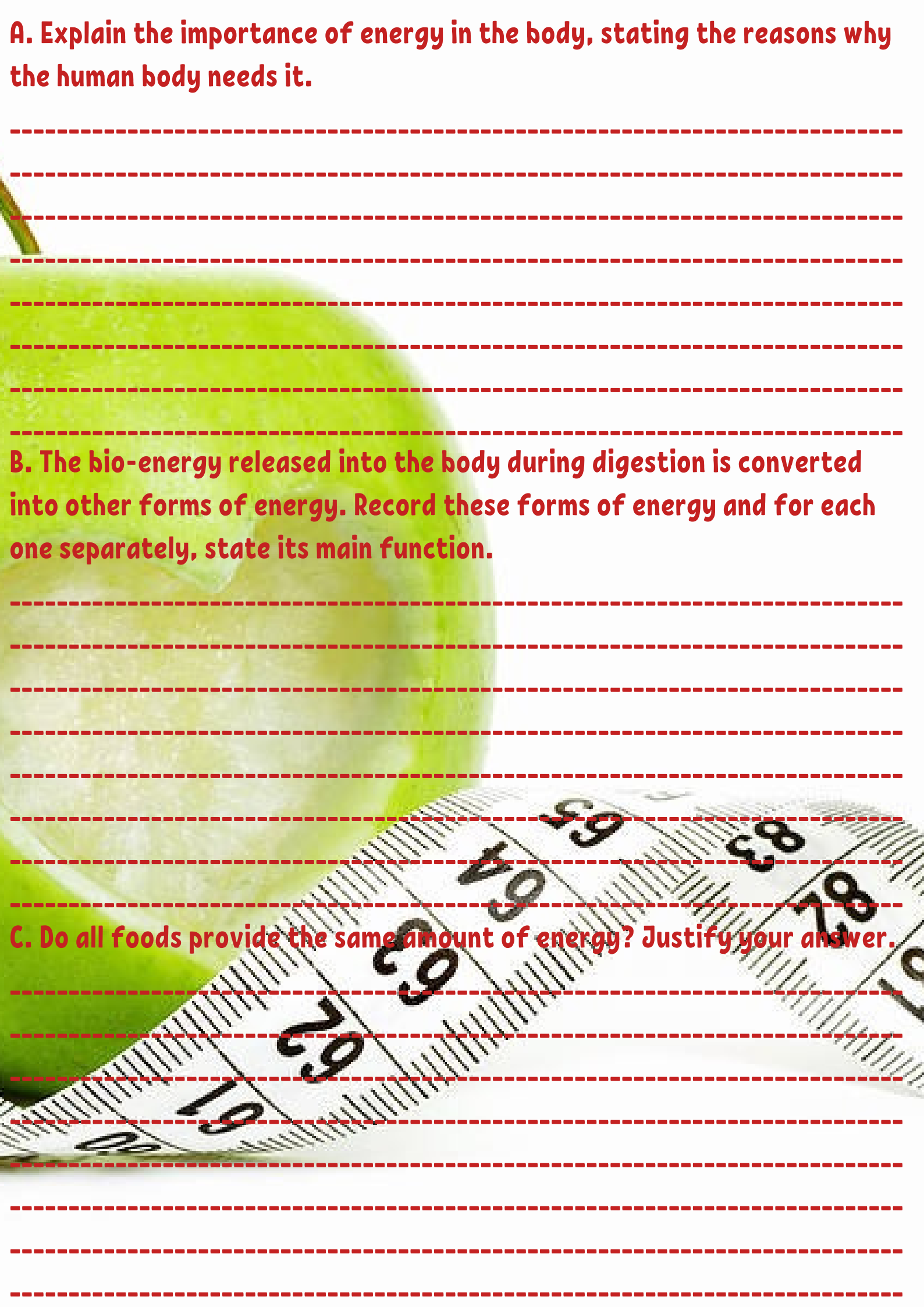


Name(s):

Class:

After visiting the following websites, answer the questions that follow.





A. Explain the importance of energy in the body, stating the reasons why the human body needs it.

B. The bio-energy released into the body during digestion is converted into other forms of energy. Record these forms of energy and for each one separately, state its main function.

C. Do all foods provide the same amount of energy? Justify your answer.

D. What are the nutrients of calorific value and those of no calorific value? Indicate the calorific value (Kcal or Kj) they provide to the body.

E. The alcohol contained in various beverages is a chemical compound, a product of carbohydrate fermentation. It is considered a source of energy, since it is broken down in the body, giving 7 calories per gram. What do we mean when we say that the calories from alcohol are "empty"?

