**Create-Your-Own Study Guide**

Components:

1. What is a food calorie?
2. Which indicators are required for each nutrient test, and what is the positive/negative control for each?
3. Be able to write the procedure for each nutrient test for the food lab.
4. What are the essential energy molecules, and what is the order that we break them down? You should know the properties and applications of each nutrient.
5. How is glucose stored in plants vs. in humans?
6. What factors can affect the rate of a reaction?
7. What are enzymes? How does enzyme activity change as enzyme/substrate concentration/temperature increases/decreases? Be able to draw the graphs.
8. What are the 6 most abundant elements of life? (Think CHNOPS!) Which of them are found in food molecules?
9. What are the building blocks for each of the three essential nutrients? (What are they broken down into?)
10. How many amino acids are there? What are essential/non-essential amino acids and how many of each are there?
11. Know athletic fitness and fitness for life.
12. Know mechanical and chemical digestion.
13. How do enzymes affect the activation energy of a reaction?
14. Be able to label the digestive system, and know the function of each component.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block: \_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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