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angela\_hansen7. Terms in this set

(25) malnutrition. poor nourishment

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resulting from a lack of nutrients.  
anemia. a blood disorder that causes  
lack of energy, weakness, shortness of  
breath and cold hands and feet;  
caused by the lack of ...

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Chapter 5: Nutrients at Work. 1. Absorption--nutrients move into the blood stream; usually takes place in the small intestine. 2. Adequate intakes--Dietary Reference Intake used when dietary allowance for a nutrient can't be scientifically established. Anemia--Blood disorder

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characterized by lack of energy, weakness, shortness of breath, and cold hands and feet; caused by lack of iron. basal metabolism--Minimum amount of energy needed to maintain basic body processes Calorie--Amount of ...

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### Chapter 5: Nutrients at Work

Chapter 5 nutrients at work. Movement of nutrients into blood streams. Is used when a lack of scientific information makes it impossible to establish the RDA for a particular nutrient . A blood disorder characterized by lack of energy, weakness, shortness of breath

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, and cold hands and feet.

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STUDY. PLAY. Malnutrition. Faulty or inadequate nutrition can lead to this.

Anemia. A blood disorder characterized by lack of energy, weakness, shortness of breath, and cold hands and feet. Recommended

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Dietary Allowances (RDAs)

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April 10th, 2019 - Nutrients at Work  
Chapter 5 Objective Explain the  
impact of nutrients on your body and  
health Describe standards and  
guidelines that provide information  
about nutrient requirements  
Summarize the steps in the digestive  
process Explain how nutrients are

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absorbed transported and stored in the body

Chapter 5 nutrients at work

Title Chapter Objectives CHAPTER 5

Nutrients at Work Identify the nutrients in foods and their main functions.

Describe the digestive process and its

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stages. Summarize the body's absorption of nutrients. Chapter 5 Nutrients At Work Answers It will entirely ease you to see guide chapter 5 nutrients at work answers as you such as.

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Shorr science ...

answer key of puzzling over nutrients  
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friend; Find other activities; Start over;

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Help; A B; absorption: movement of nutrients into blood stream: adequate intakes: dietary reference intake used when dietary allowance for nutrient can't be scientifically established: anemia: blood disorder characterized by lack ...

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Chapter 5 Nutrients at Work. adequate

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intakes dietary reference intake used when dietary allowance for nutrient can't be scientifically established anemia blood disorder characterized by lack of energy, weakness, shortness of breath, and cold hands and feet; caused by lack of iron.

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way. accompanied by them is this  
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Chapter 5 Nutrients at Work 61  
Nutrient Requirements Everyone  
needs the same nutrients. How-ever,  
different people need these nutrients

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in different amounts. For example, women and teenage boys need more iron than men. Nutrients are measured in the metric units of grams (g), milligrams (mg), and micrograms ( $\mu$ g). To find out how much of each nutrient

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