

Nutrition 219 Study Guide: CHAPTER 3

1. Know the order food passes through the G.I. tract (including the order of the parts of the small intestine)
2. Know the major sphincter muscles (esophageal, pyloric, ileocecal, anus) and their function
3. What is reflux? What structure prevents reflux of the stomach contents?
4. Know the following parts of the gastrointestinal tract and their function: epiglottis, chyme, villi, microvilli
5. Know the function of mucus in the stomach
6. How would you describe the acidity of the stomach? (high, low etc)
7. Know which organs secrete digestive enzymes and what their secretions are (Table 3-1, page 75)
8. What food item is not digested in the small intestine?
9. Know what organ metabolizes drugs and alcohol
10. Know the physiological function of the following organs:
stomach
small intestine
pancreas
liver
gallbladder
large intestine
11. Which of the nutrients require the least absorption?
12. What organ receives nutrients first when transported via the vascular system?
Which nutrients?
13. What nutrients are carried via the lymph system?
14. Understand the role of the normal bacteria of the G.I. tract
15. What hormone stimulates the pancreas to release bicarbonate?
16. What substance controls the release of bile into the small intestine?
17. Which nutrients require greater time for digestion?
16. Know common gastrointestinal problems in the Highlight: choking, diarrhea, constipation, and heartburn
18. What problem can chronic diarrhea and/or vomiting eventually result in?
19. What problem might inadequate fiber intake lead to?
20. What is the therapy for constipation?