

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

# Chapter 9 Basics of Nutrition

1. The three basic food groups; proteins, carbohydrates, and fats
  2. Chains of amino acids molecules used in all cell functions and body growth
  3. Organic acids that form the building blocks of protein
  4. Can be synthesized by the body and do not have to be obtained from the diet
  5. Breaks down the basic chemical sugars that supply energy for the body
  6. Substance that provides energy to the cells
  7. Carbohydrate lipid complexes that are good water binders
  8. Water binding substance between the fibers of the dermis
  9. Carbohydrates made up of one basic sugar unit
  10. Sugars made up of two simple sugars such as lactose and sucrose
  11. Carbohydrates that contain three or more simple carbohydrate molecules
  12. Also known as lipids
  13. Water soluble vitamins that interact with other water soluble vitamins and act as coenzymes by an enzymatic reactions
  14. Also known as Retin-A, vitamin A derivative has demonstrated an ability to alter collagen synthesis and is used to treat acne and visible signs of acne
  15. Vitamins and substances that have no calories or nutritional value but are essential for body functions
  16. Retinol; an antioxidant that aids in the functioning and repair of skin cells
  17. Fat soluble vitamin; essential for growth and development
  18. Also known as ascorbic acid; antioxidant needed for proper repair of the skin and tissues
- A. Retinoic acid
  - B. Calories
  - C. Linoleic acid
  - D. B vitamins
  - E. Vitamin D
  - F. Enzymes
  - G. Nonessential amino acid
  - H. Vitamin k
  - I. Macronutrients
  - J. Amino acids
  - K. Glycosaminoglycans
  - L. Minerals
  - M. polysaccharides
  - N. disaccharides
  - O. Vitamin E
  - P. Mucopolysaccharides
  - Q. Carbohydrates
  - R. Monosaccharides

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| 19. Transretinoic acid, a derivative of vitamin A used for collagen synthesis, hyperpigmentation, and for acne | S. Tretinoin                    |
| 20. Also known as tocopherol; helps protect the skin from the harmful effects of the sun's rays                | T. Vitamin A                    |
| 21. Vitamin responsible for the synthesis of factors necessary for blood coagulation                           | U. Adenosine triphosphate (ATP) |
| 22. Inorganic materials required for many reactions of the cells and body                                      | V. Micronutrients               |
| 23. Omega 6, an essential fatty acid used to make important hormones; also part of the skin's lipid barrier    | W. Proteins                     |
| 24. A measure of heat units; measures food energy for the body   | X. Fats                         |
| 25. Catalysts that break down complex food molecules to utilize extracted energy                               | Y. Vitamin C                    |