

UPGRADE to the Bundle

Crash Course ANATOMY & PHYSIOLOGY 48 Episode Series Bundle

- ✓ Classroom Ready - Just Print and Go!
- ✓ Active Engagement - Keep Students' Attention
- ✓ Direct Video Link Included

WATCH VIDEO



ALL 48 Episodes with Answer
Keys and Direct Video Link

CLICK HERE



Crash Course Anatomy & Physiology #36: Metabolism and Nutrition – Part 1

Name: _____ Date: _____

You can access the video here → https://youtu.be/R3NxCR9z2U7si-Q_20Sg6i2R5pKMh

1. About 64 percent of the human body's mass is made up of _____.
2. After water, the next largest proportion of the body is _____, making up around 16%.
3. The body constantly rebuilds itself through the process of _____.
4. All biochemical reactions in the body are collectively known as _____.
5. _____ reactions build larger molecules from smaller ones and require energy.
6. _____ reactions break down larger molecules and release energy.
7. Nutrients are grouped into six major categories: water, vitamins, minerals, carbohydrates, _____, and proteins.
8. The primary fuel molecule used to make ATP is the monosaccharide _____.
9. Excess glucose can be stored in the liver and muscles as _____.
10. _____ are the fats in adipose tissue that store energy and cushion organs.
11. Certain lipids, such as omega-3 and omega-6 fatty acids, are called _____ because the body cannot make them.
12. _____ form the structural framework of muscles, connective tissue, enzymes, and ion channels.
13. Proteins are made from 20 building blocks known as _____.
14. Of the amino acids, nine are considered _____ because the body cannot synthesize them.
15. The genetic instructions for assembling amino acids into proteins come from _____.

Crash Course Anatomy & Physiology #36: Metabolism and Nutrition – Part 1 KEY

1. About 64 percent of the human body's mass is made up of **water**.
2. After water, the next largest proportion of the body is **protein**, making up around 16%.
3. The body constantly rebuilds itself through the process of **metabolism**.
4. All biochemical reactions in the body are collectively known as **metabolism**.
5. **Anabolic** reactions build larger molecules from smaller ones and require energy.
6. **Catabolic** reactions break down larger molecules and release energy.
7. Nutrients are grouped into six major categories: water, vitamins, minerals, carbohydrates, **lipids**, and proteins.
8. The primary fuel molecule used to make ATP is the monosaccharide **glucose**.
9. Excess glucose can be stored in the liver and muscles as **glycogen**.
10. **Triglycerides** are the fats in adipose tissue that store energy and cushion organs.
11. Certain lipids, such as omega-3 and omega-6 fatty acids, are called **essential fatty acids** because the body cannot make them.
12. **Proteins** form the structural framework of muscles, connective tissue, enzymes, and ion channels.
13. Proteins are made from 20 building blocks known as **amino acids**.
14. Of the amino acids, nine are considered **essential amino acids** because the body cannot synthesize them.
15. The genetic instructions for assembling amino acids into proteins come from **DNA**.

15 Questions

Answer Key Included

Save 85% per worksheet!