1. What’s an easy way to estimate uncooked and cooked sizes of meats? …a cup of rice? …1/4 cup of mashed potatoes? …6 oz of cheese?

2. If the gastrointestinal (GI) tract is viewed like the hole of a doughnut, where would an accessory organ of digestion be relative to the hole? Identify an accessory organ of digestion. How is it connected to the GI tract, that is, by way of what structure?

3. Identify 4 hormones involved in the regulation of digestion as well as their specific functions. What is the release site for hormones and what are their general gut target organs? What gut secretions have a common release site unique when compared to that for hormones?

4. What is hydrolysis? What elements are required for hydrolysis to take place? Identify 3 energy nutrients, list them in order of priority for ATP production and identify their specific end products following complete enzymatic digestion.

5. Where within the gut does enzymatic digestion of carbohydrates begin? Where does it end? What enzymes are involved? What is the 10 breakdown product of carbohydrates? Why do some people have trouble digesting milk? Might there be an enzymatic problem? If so, identify the specific enzyme/s involved?