

The blood flow flash card essay

[Design](#)



Diet and DigestionTAQ 1

Teenage

Athlete

	Day 1	Day 2	Day 3
	2 pieces brown toast, peanut butter, milk	2 chopped wheat, orange juice	Poached egg of toast, milk
Lunch	Cheese salad, pitta staff of life, yogurt	Tuna sandwich on whole wheat staff of life, banana	Salmon salad, Whole repast crackers, yogurt
Dinner	Lean minced beef, tomato pasta	Chicken chest, baked murphy, Brassica oleracea italica and carrots	Cod loin, boiled murphies and assorted veggies

Pregnant

adult

female in

her 30's

		2 pieces	
	Whole	whole	
	grain	wheat	Raisin bran
Breakfast	cereals,	toast,	cereal, glass of
	glass of	orange	tomato juice
	milk	juice	

	Chicken		Vegetable
	chest,	Salmon,	soup, whole
	green	Brassica	wheat staff of
Lunch	beans,	oleracea	life axial
	strawberri	italica,	rotation,
	es	yogurt	banana

	Pitta staff		
	of life with	Baked	Lean minced
Dinner	tuna and	murphy	beef chili,
	salad	and beans	brown rice

Aged

adult

male in

infirmery

Day 1

Day 2

Day 3

Breakfast	Porridge,	Weetabix,	Poached egg,
	banana,		brown toast,

	orange juice	milk	orange juice
		Chicken	
	Fish pie, Brassica oleracea italica, carrots, apple	chest, Brassica oleracea botrytis, green beans, boiled	Stewed beef casserole, green beans, carrots. Stewed plums and custard
Lunch		murphies	
	Baked murphy, cheese and beans, fruit cocktail	Cheese salad sandwich, yogurt	Egg mayonnaise brown axial rotation, banana
Dinner			

B)The 3 twenty-four hours repast program for a male teenage athlete needs to dwell of plentifulness of protein, saccharides and fiber, this can so supply the right foods for the musculuss and forestall any clean hurts. A balanced sum of Ca that is found in dairy merchandises and will assist to keep healthy castanetss as he is turning. Supplying the organic structure with nutrients that are natural in sugars, such as yogurts and fruit will replace the energy proteins that the adolescent will utilize whilst exercise and will forestall the

adolescent from going tired whilst set abouting sporting activities. An active adolescent should hold a day-to-day Calorie consumption of around 2500-3050 depending on how active he is.

This is higher than the expected consumption of a adolescent miss. This is because male childs have more musculus to provide foods to, compared to miss. The Calorie consumption for an anticipant female parent does non necessitate to alter until the last six months of gestation where the consumption additions by 300 Calories more a twenty-four hours. Although the Calories consumption does non alter quickly from the normal recommended 2000 Calories a twenty-four hours for adult females, the nutrients that a pregnant adult female does devour must incorporate all the right foods to back up her organic structure whilst carry an unborn kid. Foods that are high in vitamin Bc will back up the growing of a babe, these are found in nutrients such as orange juice, Spinacia oleracea, and Brassica oleracea italica.

Eating plentifulness of fruit and veggies that are high in fiber will assist forestall with side effects of gestation such as irregularity. Dairy merchandises are besides of import to provide your babe with Ca and maintain the female parents castanetss healthy during gestation. An aged patient in infirmary should be holding a nutritionary diet to help their recovery and discharge from infirmary. In general, an aged adult male should be holding an consumption of 2000-2200 Calories a twenty-four hours, or more if they are set abouting regular activities. A patient in infirmary will necessitate to devour nutrients that contain vitamins to replace any malnutrition gained from going unwell. It is of import for the patient to <https://assignbuster.com/the-blood-flow-flash-card-essay/>

non hold a big sum of salt in their diet as when an aged patient is bed bound they are at hazard of kidney jobs and hence should besides hold a regular fluid consumption. A balanced diet that contains Fe from meat, oils from fish and protein from poulet will be a good beginning of natural vitamins along with fruit and veggies. MentionsColeman.

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A and Grant. A (2010) . Ross and Wilson anatomy and Physiology in wellness and unwellness. 11th erectile dysfunction. Edinburgh: Church Livingstone Elsevier. 277-310TAQ 2Type 2 diabetes is effected by the nutrient consumed as patients with type 2 diabetes have jobs with the manner the organic structure produces insulin.

Insulin is a endocrine that has a map to command the sugar within the blood, it transfers glucose from the blood to the cells, where it can so be converted to energy. Patients who have type 2 diabetes may hold an insulin lack ; this means insulin is non efficaciously produced and so the glucose degree is non controlled. Insulin opposition is another cause, where the insulin produced is unable to be used by the organic structure. When a patient with either insulin lack or opposition has a high sugar diet, glucose will construct up in the blood and cause harm to the organic structure, such as blood vass, nervousnesss and variety meats which can so take to other wellness jobs or even amputation of limbs. Atherosclerosis is a status that develops from indurating of the arterias which is caused by plaque edifice up, which so hardens and reduces the O through the blood flow. Hardening of the arterias is a natural procedure that occurs with age but the procedure is accelerated when nutrients that have a high dressed ore of concentrated fats are consumed. Such nutrients include sausages, bacon, processed meats, butter, pick, biscuits and bars.

Eating these nutrients lead to bad cholesterol, besides known as LDL (Low density lipoprotein) . LDL has a map to transport the cholesterol from the liver to the cells where needed. When there is more than adequate cholesterol for the cells, it builds up in the walls of the arteries. This remains here as fatty sedimentations besides known as plaque. Other causes of coronary artery disease can be smoking, high blood force per unit area, uncontrolled diabetes, fleshiness, intoxicant, household history or ethnicity. As arteries are all over the organic structure, blockages that occur can impact the encephalon, limbs, pelvic girdle and variety meats such as kidneys. This so can ensue in other wellness jobs or even decease.

Ricketts disease effects the castanetss denseness and is most common in kids as they are developing. The bone growing relies of vitamin D which 90 % is produced of course by the organic structure in the kidney via ultraviolet radiation absorbed from natural sunshine. This sunlight coverts 7-dihydrocholesterol into vitamin D through the tegument. Vitamin D is so converted to calcitriol ; a endocrine found in the kidney, that absorbs Ca and P. It controls the degrees of Ca and phosphate within the kidney and bone. The other 10 % of vitamin D is consumed through nutrients that contain high sums of animate being fats such as, milk cheese, meat and fish. Whether it is consumed or absorbed, vitamin D goes through the same procedure.

When undernourishment or a vitamin D lack occurs in a kid, it effects the calcification procedure ; where the immature bones become mature. This leads to cram malformations such as bowed legs and knock articulation. Mentions Better Health (2014) . Rickets. Available: hypertext transfer protocol: //www.

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org/nutrition/pre-sma/Rickets. html. Last accessed 03-07-2014NHLBI (2014) . What is Atherosclerosis? Available: hypertext transfer protocol: //www. nhlbi. nih. gov/health/health-topics/atherosclerosis/ .

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Available: hypertext transfer protocol: //www. nhs. uk/conditions/Atherosclerosis/pages/causes. aspx. Last accessed 03-07-2014TAQ 3A)Digestion is an of import procedure because it is the manner a organic structure receives the right sum of foods for energy and endurance.

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When nutrient is consumed, the foods are absorbed into cells for usage or storage. Absorption is the procedure that largely take topographic point in jejunum and the ileum within the little bowel.

The liner of the little bowel is called the villi and is made up of bantam finger like projections. The villi increases its surface country so soaking up can take topographic point at a faster rate. Assimilation takes topographic point within the villi and is the procedure of transporting chemicals from nutrients and taken to cells around the organic structure via the blood watercourse. MentionsIvy-rose (2014) . Overview of the digestive procedure. Available: [hypertext transfer protocol: //www. ivy-rose. co.](http://www.ivy-rose.co.uk/HumanBody/Digestion/DigestiveSystem-BasicStages.php)

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Organ/ Body Part	Procedure	Importance
Mouth/ Buccal Pit	This is where chew takes topographic point ; mastication and grinding of nutrients. Saliva helps the nutrient become soft. The	Make nutrients little plenty to come in the gorge. The lingua shuts of the air manner as get downing occurs

lingua moves the
 nutrient around the
 oral cavity as it is
 chewed and broken
 down into smaller
 parts

to forestall
 nutrient traveling
 into the trachea

An nonvoluntary
 Oesophag propulsion to travel
 us the nutrient
 towards the tummy

Transportation
 system of the
 nutrient to the
 tummy

Rugae relaxes and
 allows the tummy
 country to spread
 out and let
 nutrients into the
 tummy. Foods are
 assorted with
 digestive juice to
 travel the nutrients
 into the duodenum

The acid within
 the tummy helps
 clean the nutrient
 of any
 bacteriums.

Small
 Intestine Here emulsification
 procedure takes
 topographic point
 by the gall acids

This is where the
 organic structure
 receives energy
 for usage and

interrupting down
 larger molecules to
 smaller 1s so that
 they can be
 absorbed into the storage
 blood watercourse.

It breaks down the
 foods within the
 nutrients

	Absorbs most	
	leftover H ₂ O.	To transport the
Large	Propels faeces	fecal matters to
bowel	towards the rectum	the rectum for
	with the usage of	disposal
	haustral churning	

		To let the organic
	The anal sphincter	structure to
	becomes relaxed so	dispose of the
Anus	the fecal matters	unwanted from
	can go through	the organic
		structure

C)

Name of	Site of	Enzymes in	Functions of the
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digestiv e juice	producti on	digestive juice	enzymes
			Aids with the emulsification procedure of
Bile juice	Found in the Gall Bladder	Bile salt	interrupting down fats so they can be digested easy by lipase ; an enzyme within the pancreatic juice
			Trypsinogen and chymotrypsin
		- Trypsinogen -	both activated by Entirokinase ; an enzyme within the
Pancrea tic juice	Found in the Pancrea s	Chymotryps in- Steapsin- Carboxypoly peptidase- Pancreatic Amylase	enteric juice. Their map is to interrupt down protein into smaller peptide fragments, which is besides the map of pepsin.

Steapsin converts
fats into fatty
acids and
glycerin.

Carboxypolypepti
dase is
responsible for
change overing
peptides into
aminic acid. The

axial rotation of
Pancreatic
amylase is to
digest amyllum.

Amylase is
besides found
within the spit, it
works on
saccharide
starches such as
staff of lifes
murphies and
pastas.

Intestin Found in - Entirokinase is
al juice the Entirokinase responsible for

walls of
the
bowel

- Eripsin-
Maltase-
Invertase-
Lactase

triping
Trypsinogen and
Trypsin. Eripsin
coverts the
polypeptides into
aminic acids.
Maltase has a
axial rotation to
digest malt sugar
to glucose.
Sucrase digests
sucrose into
fructose and
glucose.
Lactase controls
the digestion of
lactose into
Galactose and
Glucose.

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Digestive

System Function (s)

Organ

Liver The liver has a map to fade out fat. This is achieved by the digestive juice called gall that is produced within the liver. The gall is stored within the saddle sore vesica between repasts and when nutrient is consumed, gall is squeezed through canals that connect the saddle sore vesica and liver to the little bowel. When the gall is assorted with nutrient it dissolves any fat into the little bowel where it can be digested by the enteric and pancreatic

enzymes. It besides plays an of import function with proteins and sugar. It controls the sum of animal starch that is stored and when it is released for energy. Foods are filtered through the liver before any other variety meats. Its blood flow is received through the portal vena instead than an arteria, this is due to the sum of foods that are digested via the venas. This is how the liver is able to command the usage and storage of foods.

Pancreass The pancreas has two maps which are endocrinal and exocrine. Endocrine is responsible for bring forthing endocrines to modulate blood sugar. Exocrine has a function to bring forth enzymes that digest nutrient. The enzymes produced have different functions such as amylase to breakdown saccharides and starches into glucose, peptidase converts protein into aminic acids and lipase break down fats. Whilst in the pancreas, these enzymes are

protected in a wrap until they travel down the pancreatic canal to the duodenum and one time out of the protective bed these enzymes can go active. The pancreas besides secretes a hydrogen carbonate that has a high PH and is used to equilibrate out the acidic substance called chyme that so travels through the little bowel.

Gallbladder The gall bladder's chief map is to hive away gall ; the liquid created in the liver and is transported via the common gall canal into the duodenum. There is a musculus sphincter situated at the gap of the duodenum this opens and closes to command the flow of gall into the duodenum. When the musculus sphincter is closed, the gall travels back through the bile canal, towards the cystic canal and into the gall bladder. Whilst the gall is stored within the gall bladder, 90 % of the H₂O within in the gall is removed to let it to go more powerful which helps the

gall map expeditiously.

Mentions Digestive (2013) . The digestive system and how it works.

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[gov/ddiseases/pubs/yrdd/](http://digestive.niddk.nih.gov/ddiseases/pubs/yrdd/) . Last accessed 10/07/2014 Gallbladder onslaught


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liver in digestion. Available: [hypertext transfer protocol: //www.](http://www.laparoscopic.md/digestion/liver)

[laparoscopic. md/digestion/liver](http://www.laparoscopic.md/digestion/liver). Last accessed 14/07/2014 TAQ 5

 Open Stax College (2013) . The digestive piece of land consists of four beds and is about 9 metres in length. It has gaps at each terminal that starts at the unwritten pit and ends at the anus. The basic construction is the same throughout the whole piece of land although it varies in each part depending on the map of each procedure of digestion. The four beds of the piece of land are mucosa, submucosa, muscularis and serous membrane.

The mucous membrane is besides known as the mucose membrane.

Epithelium is within in the membrane and has direct contact with any ingested nutrient. In the damp countries of the digestive piece of land such as ; oral cavity, gorge and the anal canal, the epithelial tissue is non-keratinized graded squamous epithelial tissue where as in the tummy and bowels it is columniform epithelial tissue. The mucous membrane besides has a thin smooth musculus bed called the muscularis mucous membrane

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that pulls the mucous membrane of the tummy and little bowels into wave like creases besides known as undulating creases. This aids the addition of surface country for digestion and soaking up. Liing beneath the mucous membrane is the submucosa ; this connects the mucous membrane and submucosa and besides consist of blood and lymphatic vass. The muscularis ; found in the little bowel, dwelling of a dual bed of smooth musculus.

Its map is to help the motion and chemical digestion of nutrients by the contraction of these two beds. In the oral cavity, anterior gorge, throat and external anal sphincter, the motions are voluntary such as swallowing and laxation, because the muscularis is made up of the skeletal musculus. There are three beds of smooth musculus within the tummy to help the map of churning nutrient.

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