

# Reaction paper in food and nutrition assignment



**ASSIGN  
BUSTER**

What dishes did you enjoy eating and why? When heard of global cuisine, I assumed that there will be plenty of food to elect from, and I'm right. They offer dishes from different countries around the world. When we got there, there's a long line of people, in short we must line-up also. So after minutes of waiting we already got our table. We just place our bags in our chairs and ready to get our foods. When we are getting our foods we don't know what to get because of so many choices from Japanese foods, Italian, Chinese, American, etc. Eke the turkey so much, the lamb also taste good. Fruit shake especially four season is so refreshing!! The desserts are also delicious. Tempura is also good and their kebabs. They also have the grilling station where you can choose raw fish or meat and they will grill that for you and deliver right at your table. We had a great time on our visit. I want to come back again and try the dishes din ' t eat. 3. Knowing what food/dishes you ate trace what happened to all nutrients in your meal from mouth to gastrointestinal tract.

Carbohydrates: The digestible carbohydrates are broken into simpler fragments by enzymes in the saliva, in juice produced by the pancreas, and in the lining of the small intestine. Starch is digested in two steps. First, an enzyme in the saliva and incarnate juice breaks the starch into molecules called maltose; then an enzyme in the lining of the small intestine splits the maltose into glucose molecules that can be absorbed into the blood. Glucose is carried through the bloodstream to the liver, where it is stored or used to provide energy for the work of the body.

Table sugar is another carbohydrate that must be digested to be useful. An enzyme in the lining of the small intestine digests table sugar into glucose

<https://assignbuster.com/reaction-paper-in-food-and-nutrition-assignment/>

and fructose, each of which can be absorbed from the intestinal cavity into the blood. Milk contains yet another type of sugar, lactose, which is changed into observable molecules by an enzyme called lactase, also found in the intestinal lining. Protein: Further digestion of the protein is completed in the small intestine.

Here, several enzymes from the pancreatic juice and the lining of the intestine carry out the breakdown of huge protein molecules into small molecules called amino acid . These small molecules can be absorbed from the hollow of the small intestine into the blood and then be carried to all parts of the body to build the walls and other parts of cells. Fats: The first step in digestion of a fat such as butter is to dissolve it into the watery content of the intestinal cavity.

The bile acids produced by the liver act as natural detergents to dissolve fat in water and allow the enzymes to break the large fat molecules into smaller molecules, some of which are fatty acids and cholesterol. The bile acids combine with the fatty acids and cholesterol and help these molecules to move into the cells of the mucosa. In these cells the small molecules are formed back into large molecules, most of which pass into vessels near the intestine. These small vessels carry the reformed fat to the veins of the chest, and the blood carries the fat to storage depots in efferent parts of the body.

Vitamins: The large, hollow organs of the digestive system contain muscle that enables their walls to move. The movement of organ walls can propel food and liquid and also can mix the contents within each organ. Typical

movement Of the esophagi, stomach, and intestine is called peristalsis. The action of peristalsis looks like an ocean wave moving through the muscle. The muscle of the organ produces a narrowing and then propels the narrowed portion slowly down the length of the organ. These waves of narrowing push the food and fluid in front of them through each hollow organ.