

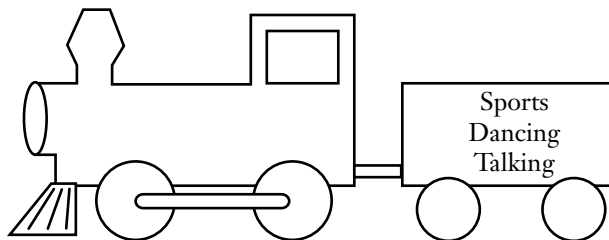
CHAPTER 38 DIGESTION AND NUTRITION

Read the paragraph in the box and study the diagram. Then answer the questions.

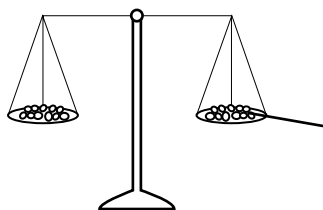
The human body uses energy and does work to maintain homeostasis—a balance of gases, chemicals, and body functions. Homeostasis is partly controlled by the food we eat. Food that contains the most nutrients helps homeostasis the most. If we eat too much of one thing and not enough of another, the body falls out of balance. Our amazing bodies have many ways to regain their balance and return to homeostasis.

Magnesium		Phosphorous	
	Calcium		

Minerals —
The Building Blocks
of the Body



Carbohydrates —
The Energy Source
for the Body



Gases, chemicals,
and body functions

Homeostasis —
The Balance of Gases, Chemicals,
and Body Functions

4. What do you think would happen if homeostasis did not occur?

5. **True or false?** Dieting and eating very little food is good for your body. _____

6. **True or false?** Homeostasis happens while you are awake and asleep. _____

7. **True or false?** Eating a lot of sugar gives you a lot of long-term energy. _____