

Anatomy and Physiology Organic/Nutrition Review Sheet

1. Water
2. Elements in organic compounds
3. Carbohydrates: elements and functions
4. Monosaccharides, Disaccharides and polysaccharides: how they are made and examples
5. Lipids: elements, function, structural units
6. Proteins: elements, monomers
7. Peptide bond
8. Nucleic Acids: monomers, subunits
9. Review 11 body systems: function and organs
10. Describe characteristics of positive feedback
11. Describe characteristics of negative feedback
12. Describe the levels of biological organization
13. Define metabolism, catabolism, anabolism
14. Food sources of Vitamin C, calcium, Protein
15. Functions of Vitamin A and K and copper
16. Sagittal, Transverse and Frontal Plane
17. Define Anatomy and Physiology
18. Define homeostasis and list 4 examples in your body
19. Define dehydration synthesis and why it is important
20. Identify the 5 basic food groups, the major vitamins and minerals they provide and at least 1 sample food from each group.