PEER Life Science: Toxic or Not: You Are What You Eat Notes Outline KEY

**Introduction**

* Good nutrition is vital for the body’s internal environment.

**Lesson**

* Having a healthy diet increases the body’s ability to maintain homeostasis.
* Homeostasis is the ability of an organism to adjust its internal environment to compensate for changes in the external environment.
* Homeostasis can only adjust an organism’s internal environment to a limited degree.
* The immune system is an important part of maintaining homeostasis because it helps us fight diseases and the effects of toxicants, which are toxic substances that are introduced into the environment.
* Vitamins are organic compounds that help regulate and support chemical reactions in the body. Most vitamins must be obtained from the diet and are essential for health.
* Inorganic substances that are needed by the body for a range of functions are called minerals.
* Proteins are the basic building blocks of the body and are used to help build new cells to replace the old ones that are shed. The only cells that are not replaced at nerve cells.
* Protein deficiency can lead to symptoms of malnutrition including abnormal growth and development, lack of nail and hair growth, and impaired healing of wounds.
* Carbohydrates provide energy for the body to function and their primary sources are sugars and starches.
* Fats are highly concentrated with energy that can be stored for future uses.
* Fats must be broken down into fatty acids for energy.
* Omega-3 fatty acid is especially important because it helps lower elevated blood fat and have been linked to lower levels of depression.