

CHAPTER 3

THE HUMAN BODY: A NUTRITION PERSPECTIVE

OVERVIEW

This chapter examines the anatomy and physiology of the human body as it pertains to nutrition. Comprehensive descriptions of the structure and functions of cells and organ systems are described including: the circulatory system, nervous system, endocrine system, immune system, digestive system, urinary system. A brief paragraph describes the storage capabilities of the body. An introduction to digestion and absorption is presented as part of the discussion of the digestive system. The Looking Further sections address genetics and nutrition as well as common problems with digestive processes.