**SC115 Principles of Nutrition**

**Unit 2 Assignment Template**

Answer each of the following questions using complete sentences and proper grammar, spelling, and punctuation. Respond using complete sentences.

1. What is the definition of nutrition?
2. What are the six classes of nutrients?
3. Provide an example of a nutrient from each of the six nutrient classes.
4. What are the three components of a healthy diet?
5. What is one tool that can be used to help ensure a healthy diet?
6. What is the role of water in the body?
7. Name two organs and one enzyme that are part of the digestive process.

1. What is the role of the two organs and the one enzyme that you identified in the digestive process?