



## HTH 100 McCann Exam 3

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- 1. What are the six classes of nutrients?:** water, protein, carbohydrates, fats, vitamins and minerals.
- 2. Nutritional Function of Water:** - imperative for human survival
  - major blood component
  - aids in electrolyte balance and body temp regulation
- 3. Nutritional Function of Protein:** - major component of all living cells
  - alternative source of energy
  - repairs bone, muscle, skin, and blood cells
- 4. Nutritional Function of Carbs:** - main energy source
- 5. Nutritional Function of Fats:** - vital to maintain healthy skin, insulating body organs, maintaining body temp
  - form of concentrated energy
- 6. Nutritional Function of Minerals:** - build body tissue and assist in bodily functions
  - aids in physiological processes

# Mccann Study Guide

**Rosina Ehmann**



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