

Module 6 Application Questions:

- 1. What is the difference between digestion and assimilation? The difference between digestion and assimilation is digestion breaks food down and assimilation absorbs food and nutrient.**
- 2. Why has exercise been included in the Food Guide Pyramid? Exercise increases number of overweight and obese people in the USA.**
- 3. What is the role of leptin in controlling appetite? Leptin is a hormone that enable your appetite.**
- 4. During which phase of the life cycle is a person's demand for kilocalories per unit of body weight the highest? Infancy**