

Digestion, Absorption and Metabolism – The effects of foods on the body

After the discussion and the short video about metabolism begin your research with the two articles linked below. Reading through the articles make sure to answer the following questions. These questions will be the core of your group presentation.

- 1- Does substance abuse threaten physical and mental health? How?
- 2- What is malnutrition?
- 3- What is metabolic syndrome?
- 4- What is the nutritional impact of alcohol?
- 5- What is the nutritional impact of Opioids (Narcotics)?
- 6- What is the nutritional impact of Stimulants?
- 7- What is the nutritional impact of Marijuana?

After completing your research and answering the questions above begin construction your group presentation. Each group must include the following in their presentation.

Remember the presentation should not be longer than 5 minutes.

1. Explain why substance abuse threatens physical and mental health?
2. Define malnutrition.
3. Choose one of the following:
ALCOHOL, OPIOIDS, STIMULANTS or MARIJUANA
and explain in depth the following:
 - a. Examples of chosen drug – at least 2 or 3
 - b. Effects the drug has on the body
 - c. Effects of withdrawal
 - d. Summarize what the drug does to you in 2 sentences.