



PETA KONSEP CONCEPT MAP

NUTRISI DAN SISTEM PENCERNAAN MANUSIA NUTRITION AND THE HUMAN DIGESTIVE SYSTEM

Struktur Sistem Pencernaan Manusia *Structures of the Human Digestive System*

- Mulut / Mouth
- Esofagus / Oesophagus
- Perut / Stomach
- Hati / Liver
- Pundi hempedu
Gall bladder
- Pankreas / Pancrease
- Duodenum / Duodenum
- Jejunum / Jejunum
- Ileum / Ileum
- Sekum / Caecum
- Kolon / Colon
- Rektum / Rectum
- Dubur / Anus

Usus kecil
Small intestine

Usus besar
Large intestine

Pencernaan / Digestion

Pencernaan fizikal
Physical digestion

Pengunyahan dan peristalsis
Chewing and peristalsis

Pencernaan kimia
Chemical digestion

Tindakan enzim
Ezyme actions

Kanji → Glukosa
Starch → Glucose
Protein → Asid amino
Protein → Amino acid
Lemak → Asid lemak
Lipids → Fatty acids
+ Gliserol / Glycerol

Penyahhtinjaan / Defaecation

Fungsi usus besar
*Functions of the large
intestine*

Penyerapan air
Absorption of water

Pembentukan
tinja
Formation of faeces

Isu Kesihatan / Health Issues

- Pengubahsuaian organ
Modifying digestive organs
- Isu kesihatan berkaitan
penyahhtinjaan
Health issues related to defecation
- Isu kesihatan berkaitan
pemakanan
*Health issues that related to eating
habits*

Gizi Seimbang / Balanced diet

Maksud / Meaning

Nilai tenaga dan
kandungan vitamin C
Energy and vitamin C content

Penyerapan *Absorption*

Kapilari darah / Blood vessels

Glukosa, asid amino, vitamin B dan C
Glucose, amino acids, vitamin B and C

Lakteal / Lacteal

Asid lemak, gliserol, vitamin A, D, E dan K
Fatty acids, glycerol, vitamin A, D, E and K

Hati / Liver

Asimilasi / Assimilation