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| **Topic** | **Resources** |
| Cell physiology | **Books:** Understanding Nutrition(Appendix A), Advanced Nutrition and Human Metabolism(Ch:1), An easy Guide to learning Anatomy & Physiology(Ch:2) , Basic Physiology(Ch:2) |
| Composition of the body | **Books**: Understanding Nutrition, Advanced Nutrition and Human Metabolism |
| Enzymes | Microsoft Doc: Enzymes  Book: Basic Concepts in Biochemistry-a student survival guide |
| Digestion and absorption | **Books**: Understanding Nutrition (Chapter:3), Advanced Nutrition and Metabolism(Chapter 2), Nutrition and Diet Therapy(Chapter 5), An easy Guide to learning Anatomy & Physiology(Chapter 19)  **Web Links:**  **Overview of Digestion**  [**https://www.youtube.com/watch?v=cXPuW6ZwcFE**](https://www.youtube.com/watch?v=cXPuW6ZwcFE)  **Detailed overview of Digestion &Absorption**  [**https://www.youtube.com/watch?v=zcrEsjXFbAY**](https://www.youtube.com/watch?v=zcrEsjXFbAY) |
| Nutrient exchange and homeostatic control | **Books**: An easy Guide to learning Anatomy & Physiology(Chapter 1&2) , Basic Physiology (Nutrient Exchange Mechanism Ch:2)  **Web Links:**  **Nutrient Exchange**  **Movement of Substances/Nutrient Exchange PPT**  [**https://www.slideshare.net/ReallyJX/chap3-movement-of-substances?qid=17226afd-b944-4996-b69c-2486f56d5d02&v=&b=&from\_search=3**](https://www.slideshare.net/ReallyJX/chap3-movement-of-substances?qid=17226afd-b944-4996-b69c-2486f56d5d02&v=&b=&from_search=3)  **video link**  <https://www.youtube.com/watch?v=6ecmOuCIoNc>  **video link**  [**https://www.youtube.com/watch?v=5HS66q\_OA8g**](https://www.youtube.com/watch?v=5HS66q_OA8g)  **Homeostasis in detail**  [**https://opencurriculum.org/5385/homeostasis-and-regulation-in-the-human-body/**](https://opencurriculum.org/5385/homeostasis-and-regulation-in-the-human-body/)  **Positive & negative feed back**  **Video link**  <https://www.youtube.com/watch?v=bfuOljRU1nk> |
| Blood and circulatory system | **Books:** An easy Guide to learning Anatomy & Physiology, Basic Physiology |
| Hormones | **Book:** An easy Guide to learning Anatomy & Physiology  **Web Links:**  **ENDOCRINE SYSTEM PART 1**  <https://www.youtube.com/watch?v=NOV0OuYxB7g>  **ENDOCRINE SYSTEM PART 2**  <https://www.youtube.com/watch?v=K1y36Atqi-Y>    **Endocrine System Overview**  <https://www.youtube.com/watch?v=7STDtdryYTI>  **Recorded PPt Hormones**  [**https://youtu.be/mZ7Imy7HWSQ**](https://youtu.be/mZ7Imy7HWSQ) |
| Inborn Errors of metabolism | **PDF Doc**: Inborn Errors of Metabolism  **Web Links:**  **PPT 1**  <https://www.slideshare.net/mohdlulu/inborn-errors-of-metabolism-12736523>  PPT2  <https://www.slideshare.net/LamiaaGamal/inborn-error-of-metabolism-56850549> |