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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: EnzymesBook: 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> |