

CHAPTER 6	Thought Lab 6.3: Enzymes and Diet	BLM 6.3.1
HANDOUT		
Purpose: Identifying and evaluating enzyme technologies and the problems they are developed to solve. Evaluating the role of technology to solve problems that involve dietary choices.		

Procedure

1. Find out more about the Living Foods diet. Research Web archives and dietary journals. If possible, interview dietitians or health-care providers. Summarize the main concepts behind this diet.
2. Investigate a specific food and the enzymes it contains to determine whether there would be any benefits and dangers associated with eating this food raw rather than cooked. Possible foods to investigate include pineapples, tomatoes, soybeans, broccoli, and raw meats and fish.

CHAPTER 6	Thought Lab 6.3: Enzymes and Diet (cont'd)	BLM 6.3.1
HANDOUT		

Analysis

- Using your understanding of the properties and functions of enzymes and the process of digestion, review what you learned in your research. Prepare a report to answer these questions:
 - Is a diet of raw foods healthy?
 - Is such a diet healthy for all people?
 - Is such a diet healthy for dogs and cats?

Extension

- Research enzymes that have medical and industrial applications. Choose one application that interests you, and research it further. Some examples include the treatment of Alzheimer's disease and Chronic Fatigue Syndrome with NADH, DNA fingerprinting, prodrugs, nutraceuticals, and synthetic oligosaccharides.