

## Notes from Mr. Brown – Drug Classification – Grade 9

Stuff that goes into our body;

Food - Chemicals we need for nourishment and life

Fiber - undigestible, unabsorbed material that goes thru our GI system.

Drug – Substance or chemical that has an effect on the body. A chemical that makes a change in the body.

### **Nutrient Classification:**

Carbohydrate - quick energy

Protein - building blocks

Fat (lipids) - stored energy

Minerals - elements needed in body structures

Vitamins - Compounds that help the body function

### **Drug Classification:**

Prescription - Chemicals that have been tested for their helpful effect on the body but have some risk associated with their use. A doctor must write a prescription before the patient can buy it.

Over The Counter - Chemicals that have been tested for their effects on the body and have very little risk associated with their use. A consumer can walk into the store and buy the product. Examples: Tylenol (acetaminophen), Advil (ibuprofen)

Supplements – chemicals that have not been tested for their effects on the body.

Examples: Zicam, Echinacea, Acidophilis, Cod Liver Oil, Saw Palmetto.

Other Chemicals - ?

Plants (“natural”) - marijuana

Synthetic (human made) – Story of LSD

FDA - Food and Drug Administration. Set up in 1906 in response to rotten food being sold in markets and harmful drugs being put in patient medicines.