

8A Food and digestion

Extension questions

Science Interactive LTD, PO BOX 50764 LONDON NW6 9AT email: sales@science-interactive.co.uk

web: www.science-interactive.co.uk

Answer the following questions:



Click mouse to reveal answer

- Q1. What type of food is essential for growth and repair?
- Q2. What type of food provides energy quite quickly?
- Q3. What type of food provides an energy store within the body?
- Q4. What is an insoluble carbohydrate with big molecules?
- Q5. What are needed in very small amounts to keep body processes working properly?
- Q6. What do you call essential elements, like calcium for healthy bones?
- Q7. What keeps food moving through the digestive system?
- Q8. Where does food enter the body?
- Q9. What do you call the organ where food is absorbed into the blood?
- Q10. What is the tube from mouth to stomach called?
- Q11. Where are faeces (mainly indigestible foods) stored?
- Q12. Where do faeces leave the body?
- Q13. What is the tiny finger shaped projection in the digestive system that helps absorb food into the bloodstream called?
- Q14. What is the name of the semi-permeable tubing that only small molecules can get through?
- Q15. What is the muscular organ in your body that churns up food?
- Q16. What are the organic catalysts that speed up chemical reactions called?
- Q17. What building blocks are proteins made of?

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Answers:

- A1. Protein
- A2. Carbohydrates
- A3. Fat
- A4. Starch
- A5. Vitamins
- A6. Minerals
- A7. Fibre
- A8. Mouth
- A9. Intestines
- A10. Gullet
- A11. Rectum
- A12. Anus
- A13. Villus
- A14. Visking tubing
- A15. Stomach
- A16. Enzymes
- A17. Amino acids

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multiple choice

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1: Which foods are rich in proteins ?

-
- A Eggs, meat and fish
-
- B Potatoes, bread and rice
-
- C Fresh fruit and vegetables
-
- D Chocolate, sweets and fizzy drinks
-

2: When you're running, what part of the body requires most sugar ?

-
- A Brain
-
- B Leg muscles
-
- C Arm muscles
-
- D Stomach
-

3: What activity requires the most energy from the following ?

-
- A One hour sleeping
-
- B One hour jogging
-
- C Three hours jogging
-
- D One hour watching TV on the sofa
-

4: Which three organs belong to the digestive system ?

-
- A Heart, lungs and brain
-
- B Stomach, heart and liver
-
- C Mouth, stomach and small intestine
-
- D Kidneys, bladder and testis
-

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literacy in science

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Answer all the questions below:

 Click mouse to reveal answer

1) Unscramble the following words:

stidgeon

ncaladeb

amcstoh

yenzme

2) Make three sentences using the following nine words or phrases:

proteins
vitamins
balanced diet

amino acids
minerals
low fat

growth and repair
healthy body
low salt

3) Match the word or phrase with the right meaning:

Enzyme

Contained in food, one of seven nutrients e.g proteins

Nutrient

The process by which food is broken down and absorbed

Digestion

Biological molecules that breakdown large food molecules

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complete the sentence

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Place the right word or words to complete the sentence:

 Click mouse to reveal answer

deficiency

balanced

blood

high

growth

broken

nutrients

fibre

speed

- a) A _____ diet low in fats, sugars and salt is important throughout our lives.
- b) We need _____ for growth, repair and movement.
- c) Roughage or _____ keeps things moving through the digestive system.
- d) Proteins are used by the human body for _____ and repair only.
- e) The small intestine is where most nutrients are _____ down by enzymes.
- f) Enzymes are catalysts that _____ up the rate of nutrient breakdown.
- g) The blood transports _____ like glucose to all cells in the body.
- h) Foods like pasta, potatoes and bread are all _____ in carbohydrates.
- i) Vitamin C _____ in humans causes a disease called scurvy.

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complete the sentence

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