

8A Food and digestion

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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- h) Foods like pasta, potatoes and bread are all high in carbohydrates.
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