

# 8A Food and digestion

## literacy in science

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

web: www.science-interactive.co.uk

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

# 8A Food and digestion

## literacy in science

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

web: www.science-interactive.co.uk

Answer all the questions below:

1) Unscramble the following words:

digestion

balanced

stomach

enzyme

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

Biological molecules that breakdown large food molecules

Nutrient

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

Digestion

The process by which food is broken down and absorbed

# 8A Food and digestion

## complete the sentence

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

web: www.science-interactive.co.uk

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.

## 8A Food and digestion

### complete the sentence

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

web: www.science-interactive.co.uk

Place the right word or words to complete the sentence:

deficiency

balanced

blood

high

growth

broken

nutrients

fibre

speed

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