

# Quiz

- 1) What nutrient would be very low in your diet if you didn't eat any beans, pulses, fish or white meat?
- 2) What nutrient would be very high in your diet if you ate loads of whole grains and fruit/veg?
- 3) What nutrient would you be lacking if you didn't eat much rice or wheat?
- 4) Give an example of chemical digestion.
- 5) Give an example of mechanical digestion.
- 6) Give the name of an enzyme.
- 7) State where in the digestive system you would find enzymes.
- 8) What is wrong with this statement-  
"The villi in the large intestine absorb carbohydrates and other nutrients."

9) Where in the digestive system is water absorbed?

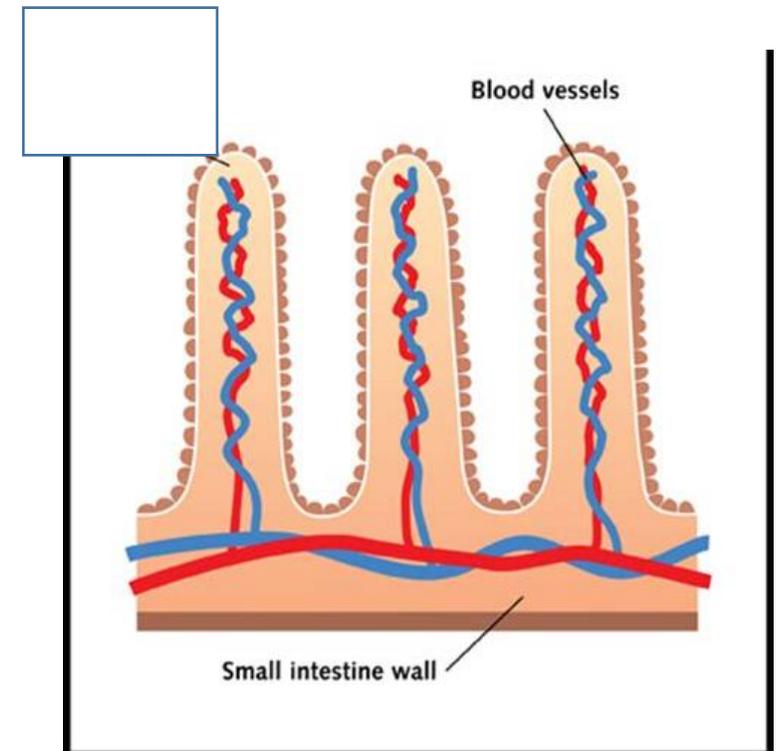
10) What are the two sources of energy in the diet (in order of amount!)?

11) What happens to enzymes if they are exposed to too much heat?

12) Why wouldn't enzymes work very much if they are in cold conditions?

13) What is this a picture of and why are there blood vessels running through it?

14) We all need fat in our diets but what are sensible sources of fat? Provide three food examples.



# Marking:

- 1) Protein
- 2) Fibre
- 3) Carbohydrates
- 4) Acid in the stomach or enzymes in the stomach or small intestine (or saliva!)
- 5) Chewing/ teeth or churning of the stomach
- 6) Amylase, protease, lipase
- 7) Saliva, stomach or small intestine (most found in small intestine!)
- 8) “Villi in small intestine (not large) absorb small molecules (not carbohydrates as they are large!)”

9) Large intestine

10) Carbohydrates then lipids/fats

11) Change shape and can no longer fit into the molecule they are digesting

12) Not enough energy – they would be moving about very slowly!

13) Villi – the blood vessels are so the small molecules can be diffused directly into the blood

14) Examples of unsaturated fats not saturated!