

Quiz – Nutrition and Digestion

a. Multiple Choice

/10

Choose the best answer for the following

1. The splitting of fat globules into glycerol and fatty acids is handled by the enzyme
a) sucrase b) amylase c) lipase d) trypsin
2. The muscle that controls the entry of material into the small intestine from the stomach is the _____ sphincter.
a) anal b) cardiac c) pyloric d) intestinal
3. Which of the following is not a function of saliva?
a) aids in protein digestion d) contains amylase
b) wets the food e) chemical digestion.
c) lubricant
4. The nutrient that supplies bulk to help the movement of waste through the digestive system is
a) protein b) vitamins c) minerals d) fibre e) fat
5. The nutrient that is needed in small amounts that helps to regulate body processes and perform chemical reactions is
a) vitamins b) minerals c) fibre d) carbohydrate e) lipids
6. Which of the following is not a function of the pancreas?
a) neutralization of gastric juice.
b) Production of amylase
c) Secretion of lipases to break down fats into glycerol and fatty acids
d) Secretion of pepsin
7. Which of the following parts of the digestive system has the most important role in nutrient absorption?
a) stomach b) esophagus c) large intestines
d) small intestines e) liver
8. Salivary amylase and pancreatic amylase are enzymes responsible for the chemical breakdown of
a) starch b) maltose c) glucose d) lactose
9. Dissaccharides are digested by
a) secretin b) disaccharidase c) lipase
d) pepsin e) amylase
10. The enzyme _____ is made by the pancreas and breaks longer amino acid chains into short amino acid chains.
a) secretin b) pepsin c) erepsins d) trypsin

b. Matching**/14**

1. Match the component of the digestive system on the left with the best phrase on the right.

- | | |
|----------------|---|
| a. Peristalsis | _____ a mixture of partially digested food, water, and gastric juice. |
| b. Duodenum | _____ teeth used to grind meat |
| c. Villi | _____ projections in the small intestine that absorb nutrients. |
| d. Bile | _____ front teeth involved in biting food. |
| e. Lacteal | _____ absorbs fat within the villi |
| f. Chyme | _____ breaks fat into smaller droplets. |
| g. Incisors | _____ moves food along the digestive tract. |
| h. Canines | _____ initial section of the small intestine where most of the chemical digestion occurs. |

2. Match the nutrient on the left with the best description on the right.

- | | |
|-------------------|--|
| a. Carbohydrate | _____ simplest component of a carbohydrate |
| b. Protein | _____ composed of amino acids; building blocks for body tissues. |
| c. Lipid | _____ major source of energy composed of carbon, hydrogen, and oxygen. |
| d. Monosaccharide | _____ starch or cellulose |
| e. Disaccharide | _____ a fat made of three fatty acids joined to one glycerol. |
| f. Polysaccharide | _____ a sugar composed of two monosaccharides |

c. Short Answer**/6**

1. Describe the functions of the following organs of the digestive system in the digestion of a hamburger.

a. stomach (1)

b. pancreas (4)

c. gall bladder (1)

Assessment:

Total /30	
Level Grading	

Leveling Key:

Level 4	25 to 30
Level 3	22 to 24.5
Level 2	19 to 21.5
Level 1	15 to 18.5
Level R	Below 15