



Digestion e-Honour

REQUIREMENTS



1. Have the Nutrition Honour.
2. Keep a record of what and how much food you eat for two weeks. Compare your diet to that of the food pyramid. Attach your record to this worksheet for assessment.
3. What is digestion?

What is another name for the human digestive system?

4. Where does saliva come from?

What are the three functions of saliva?

- a)
- b)
- c)

5. Be able to identify the following parts of the tooth (see diagram at the end): enamel, dentin, pulp, gum, cementum, and periodontal membrane.

What role do the teeth play in digestion?

6. Be able to label a diagram or model of all the organs that help with digestion. Starting from where the food goes into the mouth to where it is expelled from the anus.
(See diagram at the end)

7. Know the difference between food bolus and chyme.

Food bolus:

Chyme:

8. Where does bile come from?

Where is it stored?

What does it do in the duodenum?

9. What are villi?

What makes them absorb the nutrients so quickly?

At what point are all the nutrients removed from the food/chyme?

From the experiment compare the amount of water absorbed by plain paper compared to a similar sized paper towel using a cup of water.

	Plain Paper	Paper Towel
Water	_____	_____

10. What happens if too much water is present in the large intestine?

What happens if not enough water is present?

11. How does fibre in your diet aid in digestion?

How long should food remain in the digestive tract?

What happens if food stays in the digestive system too long?

12. Summarise the digestion of starch into simple sugar using the iodine test.

13. What are the six basic nutrients that are essential for life and where does the bulk of their digestion/absorption take place?

Nutrients	Digestion/Absorption
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

14. Know the difference between monosaccharide, disaccharide, and poly saccharide.

Monosaccharide:

Disaccharide:

Polysaccharide:

What is the most important carbohydrate?

15. What are amino acids?

How many are needed to make all the proteins in the body?

What is meant by essential amino acids?

How many of them are essential?

Where can you get all the essential amino acids?

16. What is ATP?

What is it used for?

What does your body make ATP from?

What three sets of chemical reactions make ATP in your body?

- 1.
- 2.
- 3.

Why do we need to breathe oxygen?

17. Know the difference between water-soluble and fat-soluble vitamins.

Water-soluble:

Fat-soluble:

What are two common vitamins that are fat-soluble?

- 1.
- 2.

What are two vitamins that are water-soluble?

- 1.
- 2.

18. List four (4) Bible texts that refer to digestion.

1.

2.

3.

4.

19. List five (5) E.G. White references that promote proper digestion. Choose a variety of topics.

1.

2.

3.

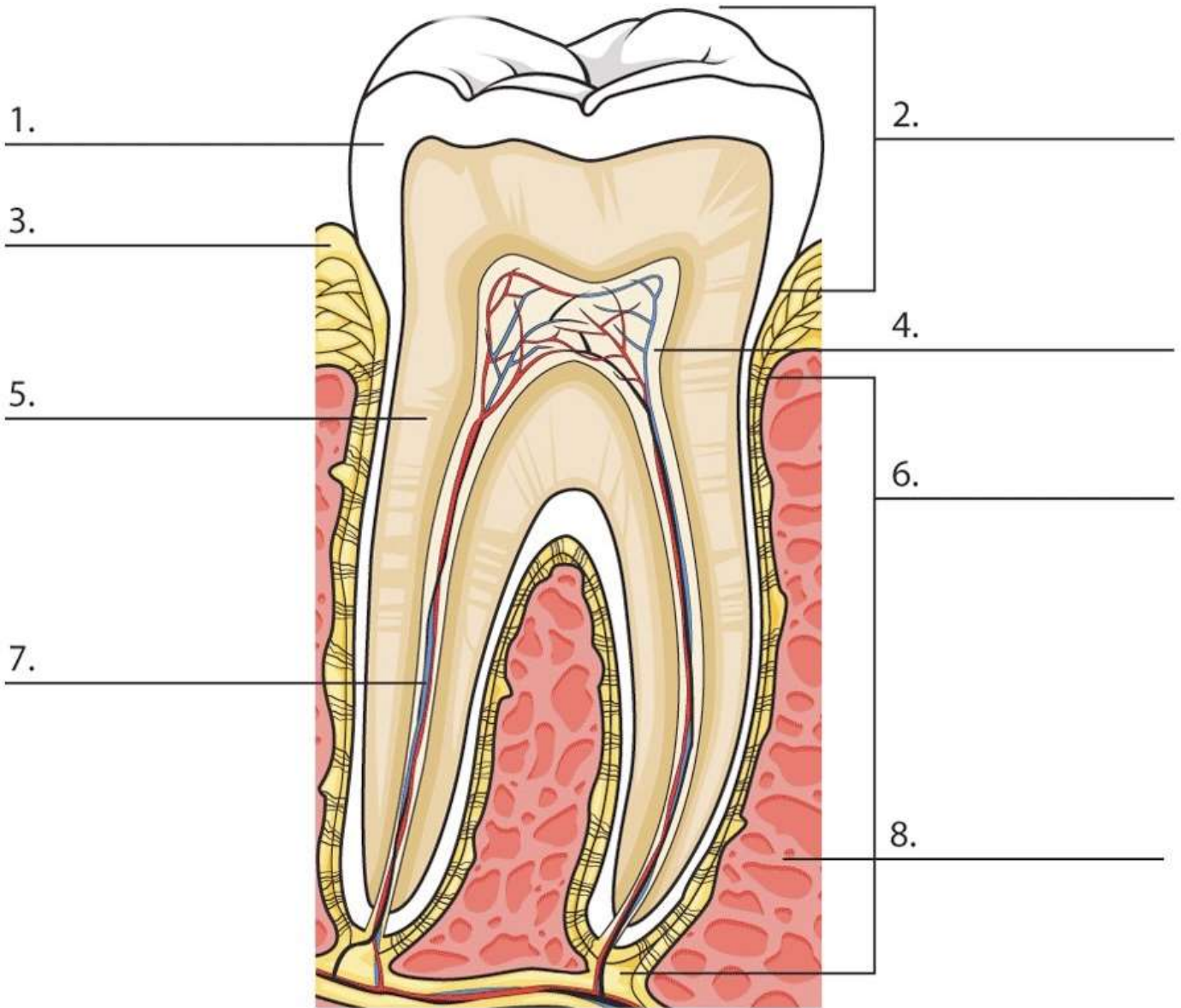
4.

5.

Pathfinder Name: _____ Date: _____

Assessed by: _____ Signed: _____

The Tooth



WORD BANK

dentin
pulp
root

jawbone
gums
crown

nerves and blood vessels
enamel

