

## Quiz – Human Digestive System

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### Tick the correct answer

#### 1. Saliva contains

- a. vitamin                      b. fat                      c. an enzyme                      d. starch

Ans. c. an enzyme

#### 2. Bile is made in

- a. the liver                      b. the stomach                      c. large intestine                      d. small intestine

Ans. a. the liver

#### 3. The food pipe connects the mouth to

- a. the liver                      b. the stomach                      c. small intestine                      d. anus

Ans. b. the stomach

#### 4. Gats are digested in

- a. the stomach                      b. mouth                      c. large intestine                      d. small intestine

#### 5. Proteins are digested in the

- a. liver                      b. stomach                      c. mouth                      d. large intestine

Ans. b. stomach

#### 6. Digested foods are absorbed in

- a. the stomach                      b. small intestine                      c. the food pipe                      d. large intestine

Ans. d. large intestine

### Match the words in column 1 with those in column 2

Column 1	Column 2
a. large intestine	1. makes bile
b. stomach	2. makes food moist, easy to swallow
c. anus	3. fats are digested
d. mouth	4. water is absorbed
e. small intestine	5. proteins are digested
f. saliva	6. teeth grind food
g. liver	7. wastes go out of the body

Ans.

a = 4

b = 5

c = 7

d = 6

e = 3

f = 2

g = 1

**Q. Rohan loves eating snacks between meals and often overeats. Why are these bad habits?**

Ans. Rohan eats snacks between meals which means that he binge eats.

Binge eats overloads your body with excess food that it does not require. Hence it makes you hyperactive and leads to long term issues like weight gain, increased cholesterol, heart issues, diabetes, etc.

**Q. What can happen if you do not eat proper meals at fixed times?**

Ans. Eating enough food at the right time is important so that we are able to maintain our physical and mental health.

Inadequate meals give less energy and make us lethargic.

Since the essential nutrients and sugar needed by our body are inadequate. We feel lethargic and fatigued.