



Fitness and Nutrition – Theme 8: Fuel for the body | **Worksheet 8b** |

Quiz - Body-works

Tick one answer for each question.

1. What is another name for the alimentary canal?

- a) Oesophagus
- b) Digestive tract
- c) Small intestine

2. Where do you find the salivary glands?

- a) In the mouth
- b) In the stomach
- c) In the pancreas

3. What are enzymes made of?

- a) Carbohydrates
- b) Fatty acids
- c) Proteins

4. How long is the digestive tract in adults?

- a) Around 5 metres
- b) Around 8 metres
- c) Around 10 metres

5. Where does digestion begin?

- a) In the mouth
- b) In the stomach
- c) In the pancreas

6. What is another name for the oesophagus?

- a) Throat
- b) Gullet
- c) Stomach

7. What do amylase enzymes convert starch to?

- a) Sugars
- b) Protein
- c) Fatty acids

8. What two things can be absorbed directly by the stomach wall?

- a) Carbohydrates and water
- b) Glucose and water
- c) Proteins and fibre

9. Which acid is produced in the stomach?

- a) Amino acid
- b) Folic acid
- c) Hydrochloric acid

10. Which enzyme in the small intestine turns protein into amino acids?

- a) Amylase
- b) Protease
- c) Lipase

11. What does bile do in the small intestine?

- a) Absorbs glucose and amino acids
- b) Emulsifies fats
- c) Clears out the villi

12. What do solid leftovers expelled from the body mainly consist of?

- a) Fibre
- b) Inorganic matter
- c) Water