**Digestion Review – 1**

1. What are the 3 essential nutrients?
2. Give an example of each carbohydrate:
3. Monosacharides-
4. Disacharides-
5. Polysacharides-
6. What are lipids made of?
7. What does the body use proteins for?
8. Complete the following comparison chart for saturated and unsaturated fats.

|  |  |
| --- | --- |
| Saturated fats | Unsaturated fats |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
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**Digestion Review – 2**

1. Why does the body need enzymes?
2. The portion of the enzyme that binds with a substrate is called?
3. What are 3 factors that affect enzyme action?
4. Would you expect to find the same enzyme in your mouth as you would in your stomach? Explain your answer.
5. Most enzymes have what suffix?

**Digestion Review – 3**

1. Where does mechanical digestion begin?
2. What nutrient is chemically digested in the mouth by salivary amylase?
3. After food is chewed and mixed with saliva it is called a . . .?
4. What is the muscular contraction of the esophagus called?
5. What are 2 digestive secretions of the stomach?
6. Explain how there is mechanical digestion in the stomach.
7. What enzyme can be found in the stomach and what nutrient does it begin digesting?

**Digestion Review – 4**

1. When the food mixed with stomach acid (Chyme) enters the small intestine, what is secreted by the pancreas to neutralize the acid?
2. What increases the surface area of the lining of the small intestine?
3. What muscular contraction moves food through the small intestine?
4. What is secreted into the small intestine that breaks apart lipids into smaller droplets?
5. What enzymes are produced by the pancreas?
6. What digestive substance is produced by the liver?
7. What nutrient completes its digestion in the small intestine?

**Digestion Review – 5**

1. What are 2 functions of the pancreas?
2. What are 2 functions of the liver?
3. What dietary changes would a person have to make if they had their gall bladder removed?
4. What gives feces its brownish color?
5. Look in your text to find out what ‘cirrhosis of the liver’ is.

**Digestion Review – 6**

1. What are 2 functions of the large intestine?
2. Why is a diet high in fiber important for the functioning of the large intestine?
3. Outline in a step by step list, the movement of a piece of food from the mouth to the anus.