

Chapter 2 Digestion

Based on information found in Chapter 2 of the Reference Manual

- 1.) **Your body is approximately 55%:(check one):**
 - Carbohydrate
 - Protein
 - Water

- 2.) **All people process food in the exact same manner and speed:**
 - True
 - False

- 3.) **Chewing, swallowing and the muscular activity of the walls of the digestive tract itself are part of the:**
 - Chemical Phase
 - Mechanical Phase
 - Lunar Phase

- 4.) **The final breakdown of food particles is part of the:**
 - Chemical Phase
 - Mechanical Phase
 - Lunar Phase

- 5.) **The process of digestion actually begins when food enters:**
 - The mouth
 - The large intestine
 - The duodenum

- 6.) **Which leaves the stomach most rapidly?**
 - Carbohydrates
 - Fat
 - Protein

- 7.) **After leaving the stomach, the liquefied mass, called chime passes into the:**
 - Large intestine
 - Small intestine
 - Pancreas

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8.) The finger-like projections called “villi” help to:

- Increase the intestinal absorption area by about 600-fold
- Convert fat into protein
- Increase red blood cells

9.) Draw lines to connect and demonstrate the digestion sequence:

- | | |
|----|-----------------|
| 1. | Small Intestine |
| 2. | Mouth |
| 3. | Large Intestine |
| 4. | Esophagus |
| 5. | Stomach |

10.) The lymphatic vessels (tiny vessels in each villus) accept:

- Digested protein
- Digested carbohydrates
- Digested fat

Notes:

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“Nutrition / Exercise Reference Manual – Topic Quiz”

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