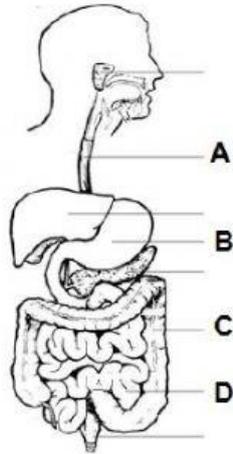


NAME: _____

1. Which food contains the highest concentrations of protein and iron?
- Bread
 - Citrus fruits
 - Fresh vegetables
 - Meat
2. A person tries eating a diet consisting only of oranges and water. Which condition might the person develop?
- Constipation
 - Heart disease
 - Rickets
 - Scurvy
3. Which region of the digestive system produces an enzyme that works best at pH 2?
- Gall bladder
 - Liver
 - Stomach
 - Mouth
4. Which of the following vitamins can the body make for itself?
- Vitamin A
 - Vitamin B
 - Vitamin C
 - Vitamin D
5. Under which conditions does amylase act on starch most quickly?
- | | pH | Temperature / °C |
|----|---------|------------------|
| A. | Acidic | 30 |
| B. | Acidic | 60 |
| C. | Neutral | 30 |
| D. | Neutral | 60 |
6. Which statement below is true about bile?
- It emulsifies large fat droplets.
 - It emulsifies tiny fat droplets.
 - It is an enzyme.
 - It is an acid.
7. Which substances are needed for healthy bones and teeth?
- Calcium and vitamin C
 - Calcium and vitamin D
 - Iron and vitamin C
 - Iron and vitamin D
8. Which secretion released in the alimentary canal contains no enzymes but speeds up fat digestion?
- Bile
 - Intestinal juice
 - Mucus
 - Pancreatic juice
9. What is produced as a result of digestion by proteases?
- Amino acids
 - Fatty acids
 - Glucose
 - Glycerol
10. Which of the following responses shows the processes of human nutrition in the correct order?
- Ingestion → Egestion → Digestion
 - Egestion → Assimilation → Excretion
 - Ingestion → Assimilation → Egestion
 - Assimilation → Absorption → Egestion
11. Which enzyme, substrate and conditions are needed for the digestion of food in the stomach?
- | | Enzyme | Substrate | Conditions |
|----|----------|-----------|------------|
| A. | Amylase | Starch | Acid |
| B. | Amylase | Starch | Alkaline |
| C. | Protease | Protein | Acid |
| D. | Protease | Protein | Alkaline |
12. Kirani eats a lot of unhealthy food in one sitting then forces himself to throw up in order not to gain weight. He probably has_____.
- anorexia
 - bulimia
 - high self esteem
 - a bad habit

Questions 13-16 refer to the diagram below.



- 13. This region absorbs water and minerals. _____
- 14. This region has the lowest pH. _____
- 15. Peristalsis occurs here. _____
- 16. Absorption of digested nutrients occur here. _____
- 17. Which statement about all enzymes is correct?
 - A. They are all proteins.
 - B. They are changed during the chemical reaction they control.
 - C. They are destroyed by temperatures below 10°C.
 - D. They are found only in the alimentary canal.

18. The table shows some of the components of the daily diet of Mr. X, and also the recommended daily intake for a person of his age and occupation.

	Mr. X's Diet	Recommended daily intake
Energy	18.0 MJ	11.3 MJ
Protein	70 g	68 g
Vitamin C	40 mg	30 mg
Vitamin D	3.5 µg	2.5 µg
Calcium	550 mg	500 mg
Iron	10 mg	10 mg

What will be the likely result if Mr. X continues to eat like this?

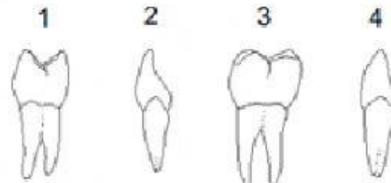
- A. Anaemia
- B. Obesity
- C. Rickets
- D. Scurvy

19. The following diagram is of a human tooth with signs of damage. What is the name of this damage, what causes the damage and which is a layer of the tooth that has been affected?



	Damage	Cause of damage	Layers affected
A.	Fracture	Hard knock	Enamel
B.	Cavity	Bacterial acids	Dentine
C.	Cavity	Hard knock	Pulp cavity
D.	Fracture	Bacterial acids	Dentine

20. Which of these human teeth are used for grinding?



- A. 1 and 3
- B. 1 and 4
- C. 2 and 3
- D. 2 and 4

21. Which response shows the correct area for the start of chemical digestion of the corresponding nutrient?

	Area	Nutrient
A.	Liver	Fats
B.	Mouth	Fats
C.	Stomach	Protein
D.	Stomach	Starch

