1. Which nutrient is mainly needed for growth and repair?

   ☐ carbohydrate

   ☐ fat

   ☐ protein

   ☐ water

2. Beaumont's experiments showed that stomach juice digests food chemically.

   ☐ True ☐ False

3. Which teeth are used for cutting?

   ☐ premolars

   ☐ incisors

   ☐ canines

   ☐ molars

4. What is diastase now called?

   ☐ Bile

   ☐ Amylase

   ☐ Pepsin

   ☐ Lipase

5. Most absorption of digested food happens in the:

   ☐ small intestine

   ☐ large intestine

   ☐ mouth

   ☐ stomach

6. Which nutrients are major energy sources? (Select all that apply.)

   ☐ vitamins

   ☐ minerals

   ☐ carbohydrates

   ☐ fats

   Tick every correct option.

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   ☐ Waves of muscle contraction that push food along

   ☐ Absorption of water

   ☐ Making bile

   ☐ Chemical digestion of protein

8. Physical digestion changes the chemical structure of food molecules.

   ☐ True ☐ False

9. What does bile do?

   ☐ Breaks proteins into amino acids

   ☐ Neutralises stomach acid

   ☐ Emulsifies fats

   ☐ Digests starch

   Tick every correct option.

10. Which adaptations of a villus speed up absorption? (Select all that apply.)

    ☐ a large surface area

    ☐ a thin (one-cell) wall

    ☐ a rich blood supply

    ☐ a thick, waxy coating

    Tick every correct option.

1. **protein**

   Protein builds and repairs tissues.

2. **True**

   Using food on strings.

3. **incisors**

   Incisors cut; canines tear; molars and premolars grind.

4. **Amylase**

   It digests starch.

5. **small intestine**

   The small intestine, lined with villi, absorbs digested food.

6. **carbohydrates; fats**

   Carbohydrates and fats provide energy; vitamins and minerals do not.

7. **Waves of muscle contraction that push food along**

   It moves food through the canal.

8. **False**

   Physical digestion only makes food smaller; enzymes do the chemical change.

9. **Neutralises stomach acid; Emulsifies fats**

   It is not an enzyme.

10. **a large surface area; a thin (one-cell) wall; a rich blood supply**

    A thick coating would slow absorption; the others speed it up.

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