

7. Human nutrition

Starter Quiz · 课前小测

IGCSE Biology

Name: _____ Score: _____

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

- ☐ protein
- ☐ carbohydrate
- ☐ fat
- ☐ water

2. Food is moved along the gut by waves of muscle contraction called:

- ☐ peristalsis
- ☐ digestion
- ☐ absorption
- ☐ diffusion

3. Which teeth are used for cutting?

- ☐ incisors
- ☐ molars
- ☐ premolars
- ☐ canines

4. Amylase digests:

- ☐ starch into sugars
- ☐ protein into amino acids
- ☐ fat into fatty acids
- ☐ sugar into starch

5. Most absorption of digested food happens in the:

- ☐ small intestine
- ☐ stomach
- ☐ mouth
- ☐ large intestine

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

- ☐ carbohydrates
- ☐ fats

☐ vitamins

☐ minerals

Tick every correct option.

7. Egestion is the removal of undigested food (faeces).

☐ True ☐ False

8. Bile neutralises stomach acid so enzymes in the small intestine work at their optimum pH.

☐ True ☐ False

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

- ☐ a thin (one-cell) wall
- ☐ a rich blood supply
- ☐ a large surface area
- ☐ a thick, waxy coating

Tick every correct option.

10. The organ that produces bile is the _____.

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1. **protein**

Protein builds and repairs tissues.

2. **peristalsis**

Peristalsis squeezes food along the gut.

3. **incisors**

Incisors cut; canines tear; molars and premolars grind.

4. **starch into sugars**

Amylase is a carbohydrase acting on 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. **True**

Egestion removes the waste food that was never absorbed.

8. **True**

The small intestine is alkaline; bile raises the pH.

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

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

10. **liver**

The liver makes bile; the gall bladder stores it.