

How Nutrients Become You

3

Food Breakdown

Activity A

Chapter 3

Name _____

Date _____ Period _____

Trace the steps in the process of digestion as food is broken down into simpler substances that can be used by the body. For each step, fill in the blanks with the correct word or words.

Step I: In the Mouth

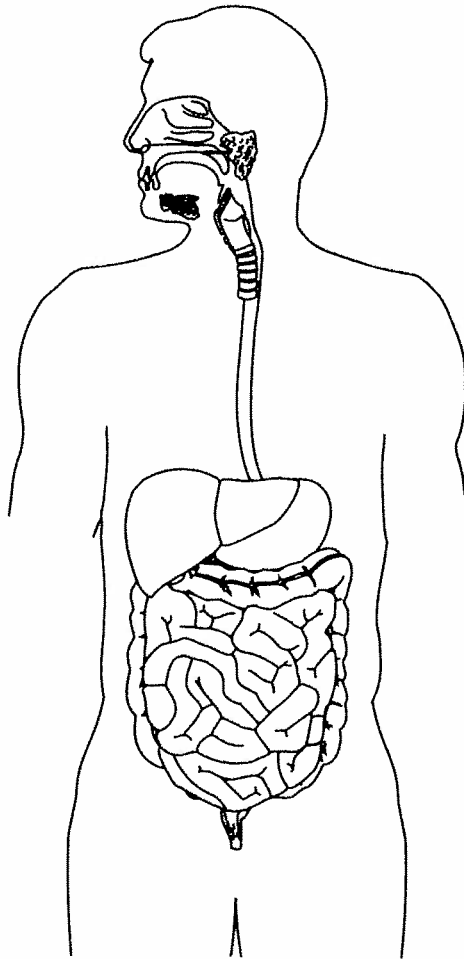
1. Another word for chewing is _____.
2. Good food odors and the thought of food trigger the secretion of _____.
3. The chemical _____ helps break down food starches.

Step III: In the Stomach

7. The stomach produces _____ juices to help digest food.
8. When these juices combine with chewed and swallowed food, the result is _____.
9. The gastric enzyme that begins to digest protein is _____.

Step V: In the Large Intestine

13. Another name for the large intestine is the _____.
14. The main function of the large intestine is to reabsorb _____.
15. Solid wastes that result from digestion are called _____.



Step II: In the Esophagus

4. As you swallow, food passes from the _____ to the _____.
5. The _____ prevents swallowed food from entering the windpipe.
6. The squeezing actions of muscles help move food through the esophagus. This squeezing is known as _____.

Step IV: In the Small Intestine

10. The small intestine has three parts—the _____, the _____, and the _____.
Here, about 95 percent of digestion occurs.
11. The pancreas produces digestive _____ that break down fats, carbohydrates, and proteins.
12. The liver produces a digestive juice called _____ which aids digestion of fats.