Digestion

Answers

KS3 science quick questions

This topic online

Activate 2: Health and lifestyle | Exploring Science 8A

Q	Answer	Remember
1	carbohydrates	Carbohydrates are your body's main fuel.
2	protein	Protein builds and mends muscles, skin and hair.
3	lipids	Lipids is the science word for fats and oils.
4	fibre	Fibre stops constipation. Wholemeal bread and vegetables are full of it.
5	vitamin C	Sailors long ago got scurvy on long voyages with no fresh fruit.
6	calcium	Vitamin D helps your body take in calcium.
7	balanced diet	Balanced does not mean equal amounts, it means the right amounts.
8	increases	Spare energy is stored as fat. Eating far too much can lead to obesity.
9	stomach	The acid also kills many of the microbes in your food.
10	small intestine	It is called small because it is narrow, but it is about 6 metres long.
11	large intestine	Whatever is left after this is stored in the rectum as faeces.
12	oesophagus	Muscles squeeze food down it, so you could swallow even upside down.
13	enzymes	Enzymes act like scissors that snip big molecules into small pieces.
14	carbohydrase	Chew bread for a long time and it tastes sweet, because amylase in saliva makes sugar.
15	protease	Protein goes with protease: same start to the word.
16	glycerol	Lipids become fatty acids and glycerol.
17	bile	Bile works like washing-up liquid on greasy plates. It is not an enzyme.
18	They give a huge surface area so food molecules are absorbed into the blood faster.	Villi also have thin walls and lots of blood vessels close to the surface.
19	100 kJ	25 g is a quarter of 100 g, so a quarter of 400 kJ.
20	bacteria	Not all bacteria are harmful. Your gut is home to trillions of useful ones.

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