Name: _____ Group: _____ Date: _____

THE DIGESTIVE SYSTEM

STUDENT BOOK	Ch. 6, pp. 160–166

Nutrients (types of food) and energy value of foods

1. Foods we eat are made up of different nutrients.

a) Associate each category of nutrient to its function in the organism.

Nutrients: A. Proteins B. Carbohydrates C. Fats D. Vitamins E. Minerals F. Water

Function in the organism		Example of foods
1. Provide most of the energy.	_____	_____
2. Build tissue.	_____	_____
3. Fight infection.	_____	_____
4. Transport food and waste.	_____	_____
5. Transport oxygen in the blood.	_____	_____
6. Make up cell membranes.	_____	_____

b) In the right column of exercise a), add an example of foods from the category that are a significant source of nutrients.

2. True or false?

a) The average energy value is the same for all nutrients. _____

b) The human body consumes energy even at rest. _____

c) Adults and adolescents have the same energy needs. _____

d) A diet regimen of 9 000 kJ is suitable for an adolescent. _____

e) Proteins are also known as *protidaemia*. _____

f) One g of carbohydrates supplies more energy than 1 g of proteins. _____

g) Vitamins and minerals provide no energy to the body. _____

h) Labels on nutritional value give information about the nutrients in foods. _____

Name: _____ Group: _____ Date: _____

Nutrients (types of food) and energy value of foods (*continued*)

3. The following foods are part of a restaurant's daily special. Refer to the table "The nutritional value of certain foods" in Appendix 2 of the textbook to answer the questions below.

A. Grilled trout filet _____ kJ
B. Serving of couscous _____ kJ
C. Serving of green beans _____ kJ
D. Glass of 2% milk _____ kJ
E. Medium apple _____ kJ
F. Two chocolate-chip cookies _____ kJ
G. Black tea _____ kJ

a) Indicate the energy value of each food item and place the foods in ascending order according to energy value.

_____ < _____ < _____ < _____ < _____ < _____ < _____

b) Indicate the energy value of each food item and place the foods in ascending order according to energy value.

Minerals/Vitamins/ Nutrients	Menu item containing highest quantity	Quantity
Minerals		
Iron	_____	_____ mg
Calcium	_____	_____ mg
Vitamins		
Vitamin B9	_____	_____ µg
Vitamin C	_____	_____ mg
Nutrients		
Carbohydrates	_____	_____ g
Proteins	_____	_____ g

Name: _____ Group: _____ Date: _____

THE DIGESTIVE SYSTEM (*continued*)

STUDENT BOOK	Ch. 6, pp. 167–172

Digestive tube, digestive glands, transformation of food

1. The following terms are the names of different digestive tract structures and digestive glands.

Stomach	Pharynx	Mouth	Pancreas
Large intestine	Esophagus	Rectum	Liver
Salivary glands	Intestinal glands	Gastric glands	Small intestine

Use these terms to:

a) Place the structures of the digestive tract in the order they receive food during digestion.

b) Name the digestive gland next to the part of the digestive system for which it provides secretions.

Part of digestive tract	Digestive gland
_____ ↓	_____
_____ ↓	_____
_____ ↓	_____
_____ ↓	_____
_____ ↓	_____
_____ ↓	_____
_____	_____

2. During digestion, food can undergo two types of transformations. Identify which of the following types of transformation occurs for each activity below.

A. Mechanical transformation B. Chemical transformation

Activity	Type of transformation
a) Action of saliva in the mouth	_____
b) Churning of food in the stomach	_____
c) Breakdown of proteins by intestinal juices	_____
d) Chewing of foods in the mouth	_____
e) Breakdown of proteins by pancreatic juices	_____