

# UNIT 1. NUTRITION I - REVIEW

## NUTRITION

1. What is the function of nutrition? \_\_\_\_\_

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2. Complete the sentences to summarise the processes and systems involved in nutrition.

- Digestion occurs in the digestive system.

Digestion obtains \_\_\_\_\_ from food to use in our bodies.

- Respiration occurs in the \_\_\_\_\_ .

Respiration \_\_\_\_\_

- Circulation occurs in the \_\_\_\_\_ .

Circulation \_\_\_\_\_

- Excretion occurs in the \_\_\_\_\_ .

Excretion \_\_\_\_\_

3. Complete the table.

Nutrients	Used by the body for...	Found in foods like...
Carbohydrates	Energy	Pasta, bread, potatoes
Fats		

4. Explain the following sentence.

*A diet that is healthy must be complete and balanced.*

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5. Answer the following questions about nutrition.

a. Explain what fibre is. What foods do you find fibre in?

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b. Is "eating food" the same as "nutrition"? Explain your answer.

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c. How many systems are involved in nutrition?

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d. Why is the circulatory system important in nutrition?

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6. Match each function to a process involved in nutrition. Complete the sentences:

- the process of obtaining nutrients from food is...
- the process of eliminating waste products from blood is....
- the process of obtaining oxygen is....
- the process of transporting nutrients, oxygen and waste substances is ....

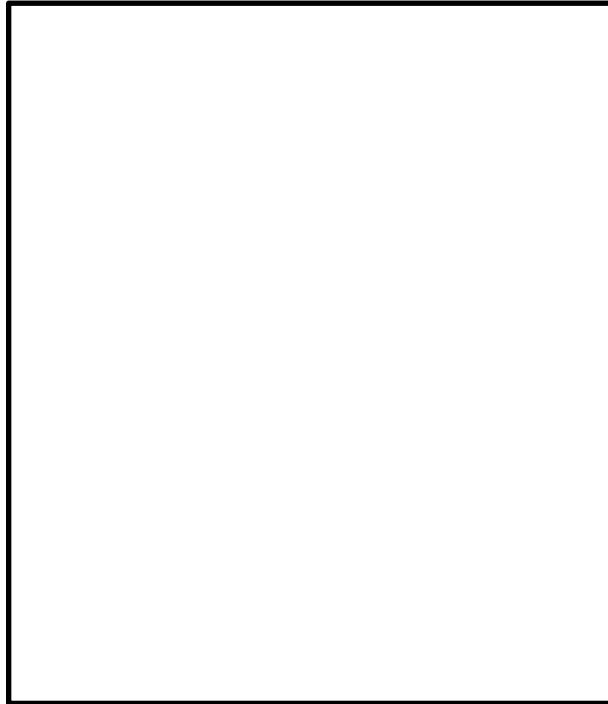
## DIGESTIVE SYSTEM

7. Is the digestive system the same as digestive tract?

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8. Draw the diagram of the digestive system. Colour each organ a different colour and label it.



9. What is the characteristic common to all the organs of the digestive tube?

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10. What are the stages of the digestive process? What occurs in each stage?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

11. Explain how digestion starts in the mouth. What happens to the food before it travels down through the pharynx and the oesophagus?

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12. Define the following:

- Digestion

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- Digestive tube

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- Bolus

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- Chyme

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- Chyle

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- Absorption

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13. Why doesn't food end up in our lungs?

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14. Name the juices that take part in digestion. In which organ is each juice produced?

JUICE	ORGAN

15. Complete the sentences about digestion and order them.

- \_\_\_ a. Solid \_\_\_\_\_ is formed in the large intestine.
- \_\_\_ b. The bolus is broken down by \_\_\_\_\_ juices found in the stomach.
- \_\_\_ c. Food is mixed with \_\_\_\_\_ in the mouth.
- \_\_\_ d. The chyme turns into \_\_\_\_\_ in the small intestine.
- \_\_\_ e. The bolus moves from the pharynx into the \_\_\_\_\_.

16. With a partner, use these words to discuss two functions of the small intestine.

chyme - chyle - villi - nutrients

Function 1: \_\_\_\_\_

Function 2: \_\_\_\_\_

18. Chyle is found in ...

- a. ...the stomach.
- b. ... the intestines.

19. Answer the following questions about digestion.

a. What is the characteristic common to all the organs of the digestive tube?

\_\_\_\_\_

b. What is the name of the movements that push down the food in the oesophagus in its way to the stomach? How do they work?

\_\_\_\_\_

\_\_\_\_\_

c. Explain the stomach's role in digestion. Explain the two actions.

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d. How do nutrients enter the blood?

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e. What would happen to a person if absorption did not occur?

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f. What is the epiglottis? What is its function? Where is it?

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g. Sometimes, the epiglottis doesn't work properly. What is worst, air or food going the wrong way?

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h. There is a period moment in human life where that can breathe and swallow at the same time, when does this happen?

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20. Fill in the blanks with the terms below to complete the description of how chyme is produced and then transformed into chyle.

gastric juices	pancreatic juice	chyme	bile	small intestine	chyle
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The walls of the stomach secrete \_\_\_\_\_, which partially digest the bolus, creating a mush called \_\_\_\_\_. When this mush reaches the \_\_\_\_\_, intestinal juices, along with \_\_\_\_\_ and \_\_\_\_\_ finish digesting the food and transform the chyme into \_\_\_\_\_.

21. Imagine you eat a sandwich. Describe the journey this sandwich takes from the mouth until it is excreted as waste. Explain what happens in each organ in the digestive system.



## RESPIRATORY SYSTEM

22. In your own words, explain what the respiratory system is responsible for.

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23. Is this sentence correct? Explain.

*We obtain the air we need through the respiratory system.*

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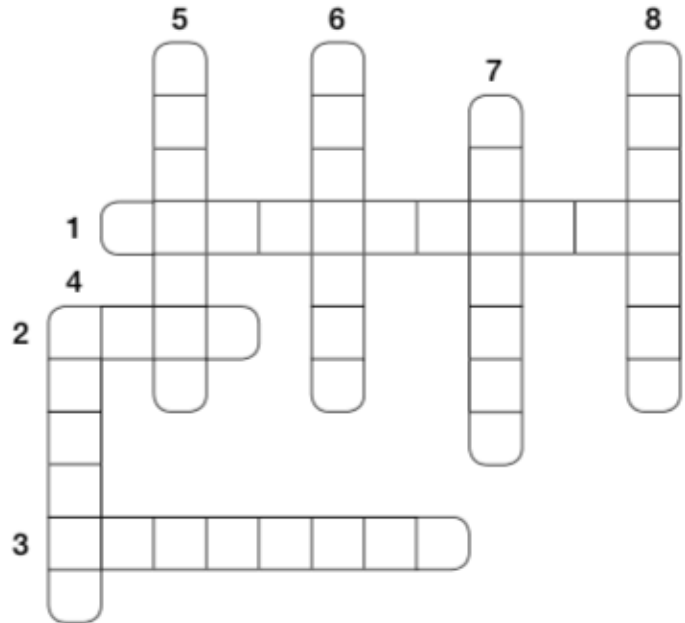
24. Complete the sentences about the respiratory system.

- a. Air enters the body through the \_\_\_\_\_ .
- b. The air then goes through the \_\_\_\_\_, the \_\_\_\_\_ and the \_\_\_\_\_.
- c. The trachea is divided into two \_\_\_\_\_, which take air towards each \_\_\_\_\_.
- d. Inside each lung, bronchi are divided into \_\_\_\_\_, which end in \_\_\_\_\_.

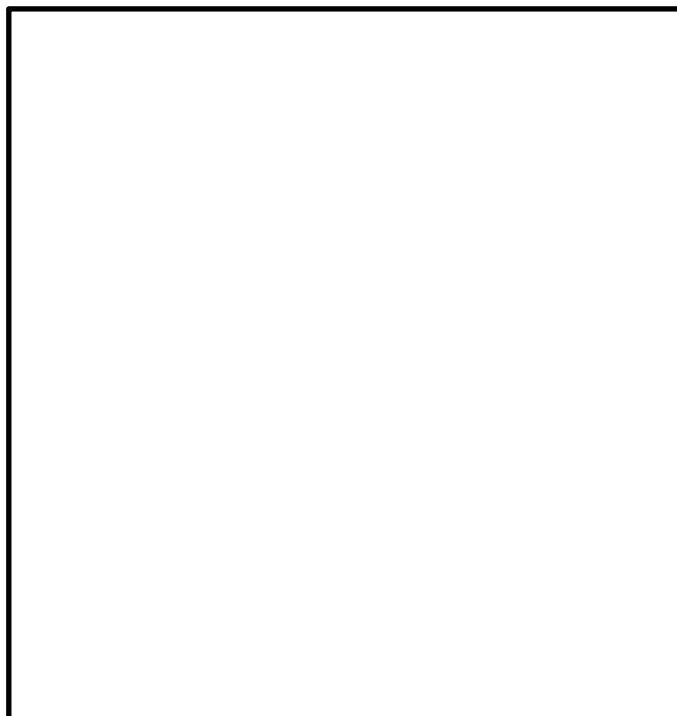
e. Inside the air sacs (alveoli), \_\_\_\_\_ enters the blood and \_\_\_\_\_ leaves the blood.

**25. Complete the crosswords about the respiratory system.**

1. Very small air passageways that lead to the air sacs.
2. Organ which contains bronchioles and air sacs.
3. Air passageways where air enters the body when we inhale.
4. Air passageways between the pharynx and the trachea.
5. Air passageway shared with the digestive system.
6. Air passageways which are divided into two branches at the lungs.
7. Air passageways which take the air to each lung.
8. Moist surfaces in the lungs where gas exchange takes place (two words)



**26. Draw the diagram of the respiratory system. Colour each organ a different colour and label it.**





27. What is the function of the respiratory tract (not respiratory system!!!)? \_\_\_\_\_

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28. What happens during....

- Inhalation:

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- Exhalation:

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- Gas exchange:

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29. Think and answer the following questions:

- a. What muscle is under the lungs? How is it involved in breathing in and breathing out?

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- b. Why is the left lung slightly smaller than the right lung?

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c. Explain what the lungs are and what are they made of.

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d. What are alveoli covered with?

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e. What gas do we breathe out? \_\_\_\_\_  
And which gas do we breathe in? \_\_\_\_\_

f. What gas moves from the blood into the alveoli during respiration? \_\_\_\_\_  
And what gas moves from the alveoli into the blood? \_\_\_\_\_

**30. Order the sentences in your notebook.**

- \_\_\_ We breathe out and expel carbon dioxide.
- \_\_\_ Oxygen is absorbed into the blood.
- \_\_\_ The air passes from the bronchi into the bronchioles.
- \_\_\_ The air travels down the trachea into the bronchi.
- \_\_\_ As we breathe in, Air goes into our mouth or nose.
- \_\_\_ Carbon dioxide passes from the blood to the bronchioles.

**31. Classify as Inhalation or Exhalation in a chart. Write the numbers in the corresponding box.**

diaphragm relaxes and goes up (1)  
the ribcage goes up and out (2)  
the diaphragm contracts and goes down (3)  
the lungs deflate (4)  
the ribcage goes down and in (5)  
the lungs inflate (6)

Inhalation	Exhalation

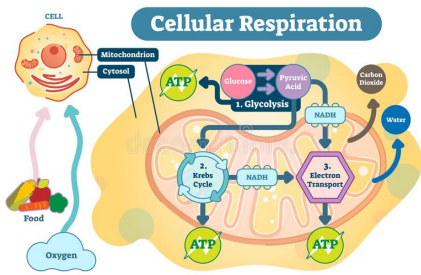
32. What is the name of the 3 types of bones that protect the lungs? What do they form?

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33. Why do we need oxygen? Explain. Use this picture to help you. \_\_\_\_\_




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34. If the lungs are not muscles, how do they contract and expand when we inhale or exhale?

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35. Trace the path of carbon dioxide as it travels through the respiratory system to leave the body.

Capillaries	Kidneys	Veins	Larynx	Pharynx
Alveoli	Bronchioles	Bronchi	Trachea	Nasal passages
Trachea	Cells	Diaphragm	Oesophagus	Outside the body

36. Complete the text using these words.

nutrients - respiratory - vitamins - energy - oxygen - fats - smoking -  
digestive - absorption - waste - balanced

Nutrition provides us with \_\_\_\_\_ and building materials. We obtain them from the \_\_\_\_\_ in food. There are five groups of nutrients: carbohydrates \_\_\_\_\_, proteins, \_\_\_\_\_, minerals and water.

The digestive process takes place in the \_\_\_\_\_ system. It includes digestion, \_\_\_\_\_ of nutrients and elimination of \_\_\_\_\_. A complete and \_\_\_\_\_ diet maintains a healthy body system.

Respiration is the process by which we obtain the \_\_\_\_\_ our body needs. It takes place in the \_\_\_\_\_ system. Healthy respiratory habits include exercising regularly and avoiding \_\_\_\_\_.