

Food for Energy

Directions Place a check mark next to the *best* answer.

1) What is the process of cells using nutrients called?

___ a) digestion

___ b) metabolism

___ c) absorption

___ d) all of the above

2) What is the process of breaking down food into nutrients called?

___ a) digestion

___ b) metabolism

___ c) absorption

___ d) all of the above

3) What is the process of moving nutrients into the bloodstream called?

___ a) digestion

___ b) metabolism

___ c) absorption

___ d) all of the above

4) Which is not a nutrient?

___ a) fat

___ b) calories

___ c) minerals

___ d) water

5) What starts the process of digestion?

___ a) chewing and the chemicals in saliva

___ b) stomach acids breaking down food

___ c) absorption into the large intestine

___ d) moving nutrients from the blood into your stomach

6) What does a calorie do?

___ a) absorbs energy in the body

___ b) helps digest food

___ c) moves nutrients from the stomach into the bloodstream

___ d) measures how much energy foods give the body

7) Where does metabolism occur?

___ a) in the stomach

___ b) in the lungs

___ c) in the small intestine

___ d) in the cells

8) Where does digestion occur?

___ a) in the small intestine

___ b) in the mouth

___ c) in the stomach

___ d) all of the above

9) What carries nutrients to the body's cells?

___ a) the circulatory system

___ b) the excretory system

___ c) the lungs

___ d) the brain

10) How many main steps are there to turn food into energy?

___ a) one

___ b) two

___ c) three

___ d) four