

The Digestive System Quiz

Directions: Match the definitions with the terms.

Matching

- | | |
|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| _____ 1. BMR | A) The process the body uses to break down food into simple substances for energy, growth and cell repair. |
| _____ 2. Digestion | B) The rate at which the body used energy while at rest to keep vital functions going such as breathing and keeping warm. |
| _____ 3. Esophagus | C) The opening in the lower part of the human face, surrounded by the lips, through which food is taken in. |
| _____ 4. Gall bladder | D) Watery liquid secreted into the mouth by glands, providing lubrication for chewing and swallowing, and aiding digestion. |
| _____ 5. Large intestine | E) A long tube connecting the mouth to the stomach. |
| _____ 6. Liver | F) The internal organ in which the first part of digestion occurs, being (in humans and many mammals) a pear-shaped enlargement of the alimentary canal linking the esophagus to the small intestine. |
| _____ 7. Mouth | G) A large organ in the body that stores and metabolizes nutrients destroys toxins and produces bile. |
| _____ 8. Pancreas | H) That section of the gastrointestinal tract which digests food and absorbs nutrients after they have passed through the stomach. |
| _____ 9. Saliva | I) Its function is to absorb water from the remaining indigestible food matter, and then to pass useless waste material from the body. |
| _____ 10. Small intestine | J) The small sac-shaped organ beneath the liver, in which bile is stored after secretion by the liver and before release into the intestine. |
| _____ 11. Stomach | K) A large gland behind the stomach that secretes digestive enzymes into the duodenum. |

Name _____ Period _____ Date _____

Calculating BMR

Directions: Using the following formula for Men and Women, calculate your BMR.

Show your work.

English BMR Formula

Women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

12. Female, 16 years old, 5' 6", 135 lbs.

13. Male, 55 years old, 6' 3", 240 lbs.

14. Female, 42 years old, 5'10", 170 lbs.

Healthy Eating Tips

Directions: Answer the following questions according to ChooseMyPlate.gov

Short answer

What does the Healthy Eating Tips say about:

15. whole grains

16. vegetables

17. fruits

18. calcium

19. protein

20. food and physical activity

The Digestive System Quiz (KEY)

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Matching

- B** 1. BMR
- A** 2. Digestion
- E** 3. Esophagus
- J** 4. Gall bladder
- I** 5. Large intestine
- G** 6. Liver
- C** 7. Mouth
- K** 8. Pancreas
- D** 9. Saliva
- H** 10. Small intestine
- F** 11. Stomach

- A) The process the body uses to break down food into simple substances for energy, growth and cell repair.
- B) The rate at which the body used energy while at rest to keep vital functions going such as breathing and keeping warm.
- C) The opening in the lower part of the human face, surrounded by the lips, through which food is taken in.
- D) Watery liquid secreted into the mouth by glands, providing lubrication for chewing and swallowing, and aiding digestion.
- E) A long tube connecting the mouth to the stomach.
- F) The internal organ in which the first part of digestion occurs, being (in humans and many mammals) a pear-shaped enlargement of the alimentary canal linking the esophagus to the small intestine.
- G) A large organ in the body that stores and metabolizes nutrients destroys toxins and produces bile.
- H) That section of the gastrointestinal tract which digests food and absorbs nutrients after they have passed through the stomach.
- I) Its function is to absorb water from the remaining indigestible food matter, and then to pass useless waste material from the body.
- J) The small sac-shaped organ beneath the liver, in which bile is stored after secretion by the liver and before release into the intestine.
- K) A large gland behind the stomach that secretes digestive enzymes into the duodenum.

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Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

12. Female, 16 years old, 5' 6", 135 lbs.

$$655 + (4.35 \times 135) + (4.7 \times 66) - (4.7 \times 16) = BMR$$
$$655 + 587.25 + 310.20 - 75.2 = 1477.25 BMR$$

13. Male, 55 years old, 6' 3", 240 lbs.

$$66 + (6.23 \times 240) + (12.7 \times 75) - (6.8 \times 55) = BMR$$
$$66 + 1495.2 + 952.5 - 374 = 2139.70 BMR$$

14. Female, 42 years old, 5' 10", 170 lbs.

$$655 + (4.35 \times 170) + (4.7 \times 70) - (4.7 \times 42) = BMR$$
$$655 + 739.50 + 329 - 197.4 = 1526.10 BMR$$

Healthy Eating Tips

Directions: Answer the following questions according to ChooseMyPlate.gov

Short answer

What does the Healthy Eating Tips say about:

15. whole grains

Make at least half your grains, whole grains

16. vegetables

Vary your veggies

17. fruits

Focus on fruits

18. calcium

Get your calcium rich foods

19. protein

Go lean with protein

20. food and physical activity

Find balance between food and physical activity