

Formative Assessment 5

Q1. Fill in the blanks. Use the words in the box. There are extra words.

minerals	digestion	nutrient	large	juices	unbalanced
small	balanced	vitamins	milk	blood	water

- a. Eating too much or too little nutrients can lead to an unbalanced diet.
- b. Water is absorbed in the large intestine.
- c. Fruits and vegetables are rich in vitamins and minerals.
- d. Digestive juices help break down different types of food.
- e. The blood transports the digested food to different parts of the body.

Q2. Write the correct part of the digestive system.

- a. The digestion process ends here: small intestine
- b. The oesophagus transports the partially digested food from the mouth to the stomach.

c. The **stomach** squeezes and churns the food.

Q3. Read the following statements then circle the correct box.

a. To build your muscles, you should consume more ____.

fats

carbohydrates

proteins

b. One of the following contains plant protein.

beans

potato

fish

c. Salads made from lettuce and tomatoes usually contain large amounts

of ____.

vitamins

fats

proteins

d. One of the following is considered a quick source of energy.

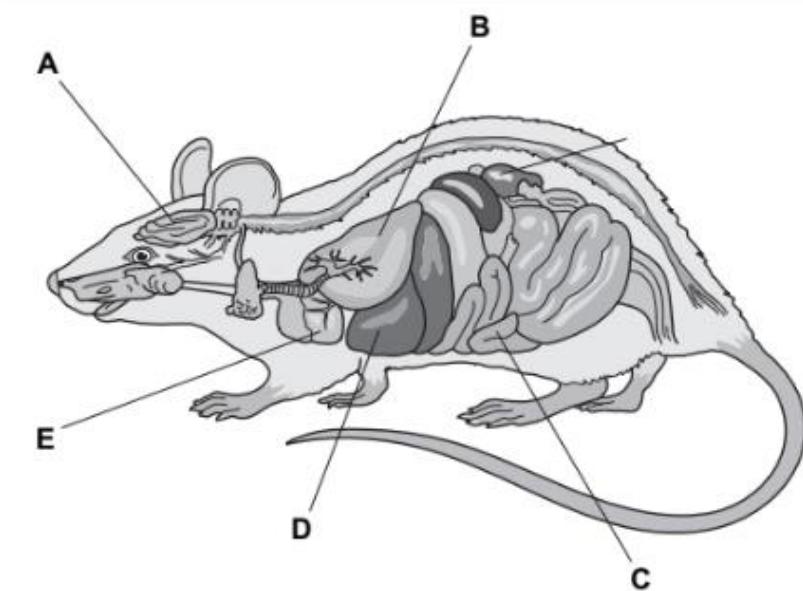
proteins

carbohydrates

fats

Q4. Humans have organs inside their bodies.

Mice also have organs inside their bodies.



Which letter shows an organ where food digests and absorbs into the blood?

Circle the correct answer.

A

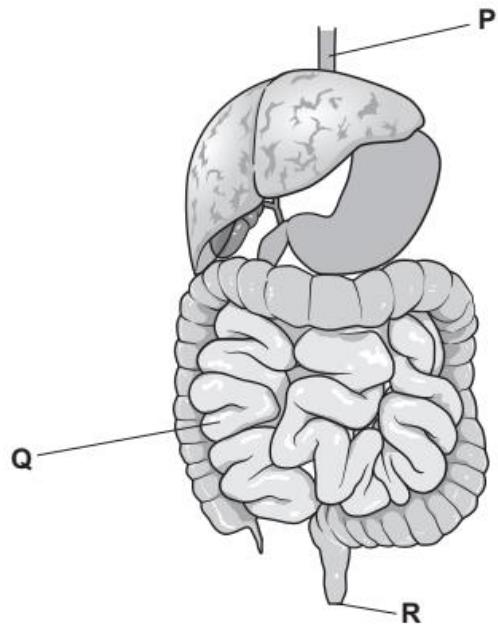
B

C

D

E

Q5. The diagram shows a model of the human digestive system.



Write the function of the following parts.

The function of part Q **completes digestion and absorbs nutrients**

The Function of part R is

An opening at the end of the digestive system through which undigested food (faeces/waste) leaves the body.

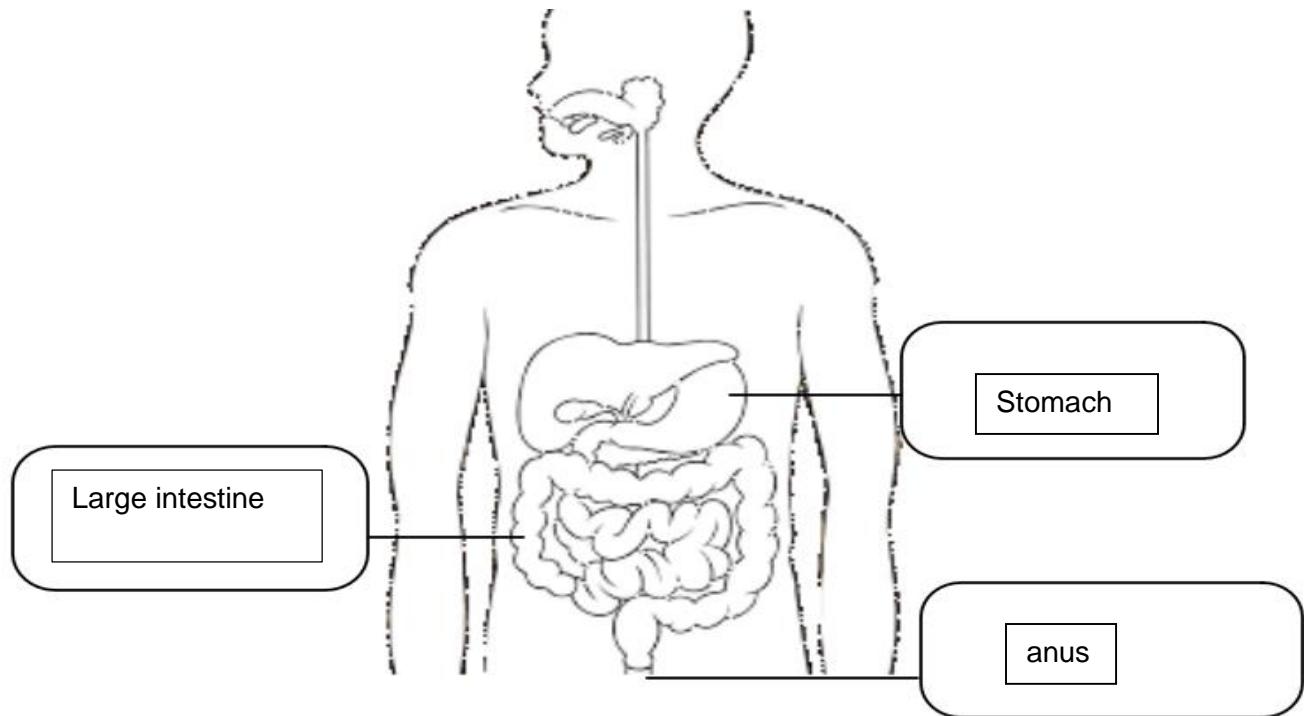
Q6. Digestion starts in the mouth.

Write the part or digestive juice that is responsible for each of the following:

a. chopping and grinding the food: teeth

b. softening the food: saliva

Q7. Label the parts of the digestive system.



Q8. This is Jeanine's diet for a day.

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
egg sandwich with cheese 1 cupcake	fried chicken doughnuts [donuts] fries	3 slices of pizza fruits 1 packet of Kit Kat

Write **two** reasons why her diet is **unbalanced**?

A._**She ate too much fats and carbohydrates and not enough vitamins and minerals**

b._**She did not eat the right amount of different foods**

Q11. Circle the correct answer.

a. Animals as well as humans need a balanced diet. What is a balanced diet?

a diet just containing fat

a diet with all the nutrients in the correct amounts

a diet with lots of fruit and vegetables

a diet with vitamins, carbohydrates and proteins

b. One of the following is rich in plant proteins.

meat

apples

beans

c. Suzan eats lots of fats, which of the following diseases she is more likely to have?

tooth decay

heart disease

diabetes

Q12. Sandra wrote down what she ate in one day. She drank 6-8 glasses of water throughout the day.

Breakfast	Lunch	Dinner
2 Pancakes	2 pieces of fried chicken	1 burger
5 strawberries	2 servings of fries	1 cup of milk

Her diet is not balanced. Give two reasons.

(do not mention what she ate)

a. **She did not eat the right amount of different foods**

b **She ate too much fats and carbohydrates and not enough fruits and vegetables**

Q13. What am I?

Choose the answer of each of the following riddles.

a. I start the digestion process in the mouth.

tongue

saliva

teeth

b. Digestion is completed in me.

large intestine

anus

small intestine

c. I squeeze and churn food to mix food with my digestive juices.

mouth

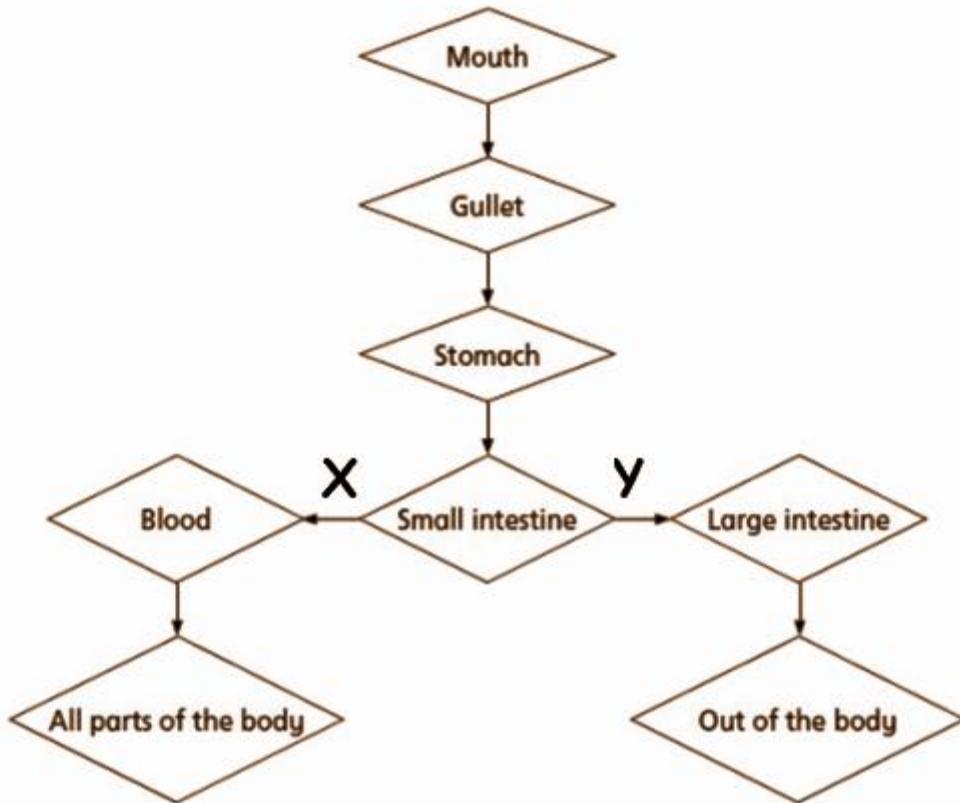
stomach

oesophagus

Q14. Fill in the blanks with the correct organ/part of the digestive system.

- a. There is **no** digestion taking place in the
_____oesophagus_____ and _____large intestine_____.
- b. Water is absorbed from undigested food in _____large intestine_____.
- c. The undigested food leaves the body through the _____anus_____.

Q15. The diagram below shows the movement of food through the different parts of the digestive system.

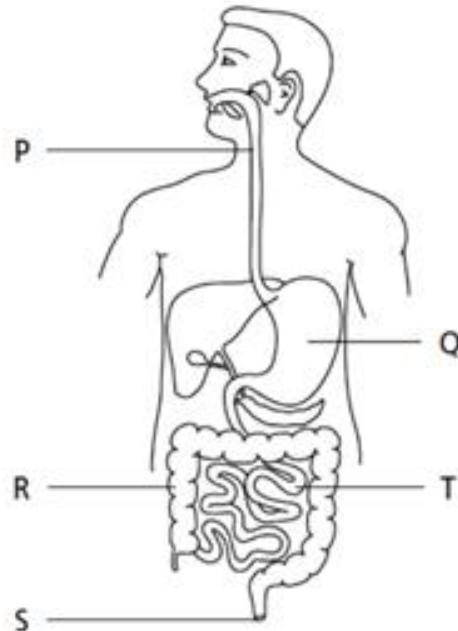


What do X and Y represent? Choose A, B, C or D.

	X	Y
A	Water	Digested food
B	Digested food	Undigested food
C	Undigested food	Water

D	Water	Undigested food
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Q16. The diagram below shows the human digestive system.



a. What is the name of the following parts?

Part S is the anus and part P is the oesophagus.

b. The function/job of part T is:

Completes digestion

Absorbs nutrients