

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.

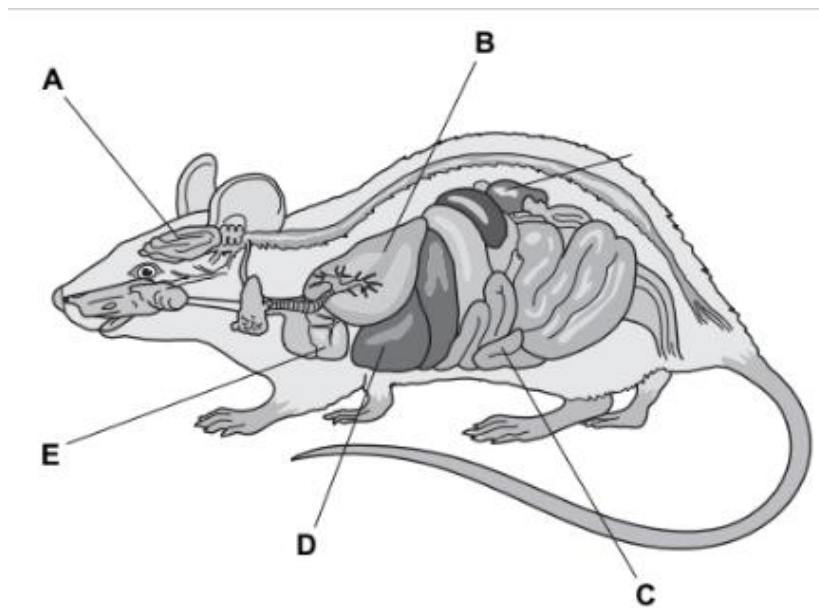
proteins

carbohydrates

fats

Q4. Humans have organs inside their bodies.

Mice also have organs inside their bodies.

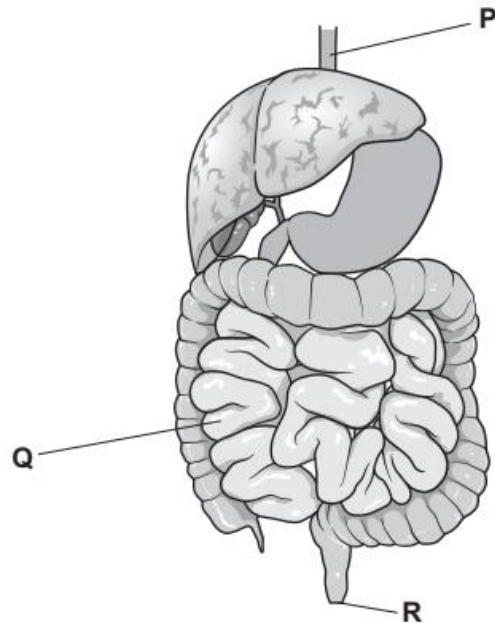


Which letter shows an organ where food digests and absorbs into the blood?

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.

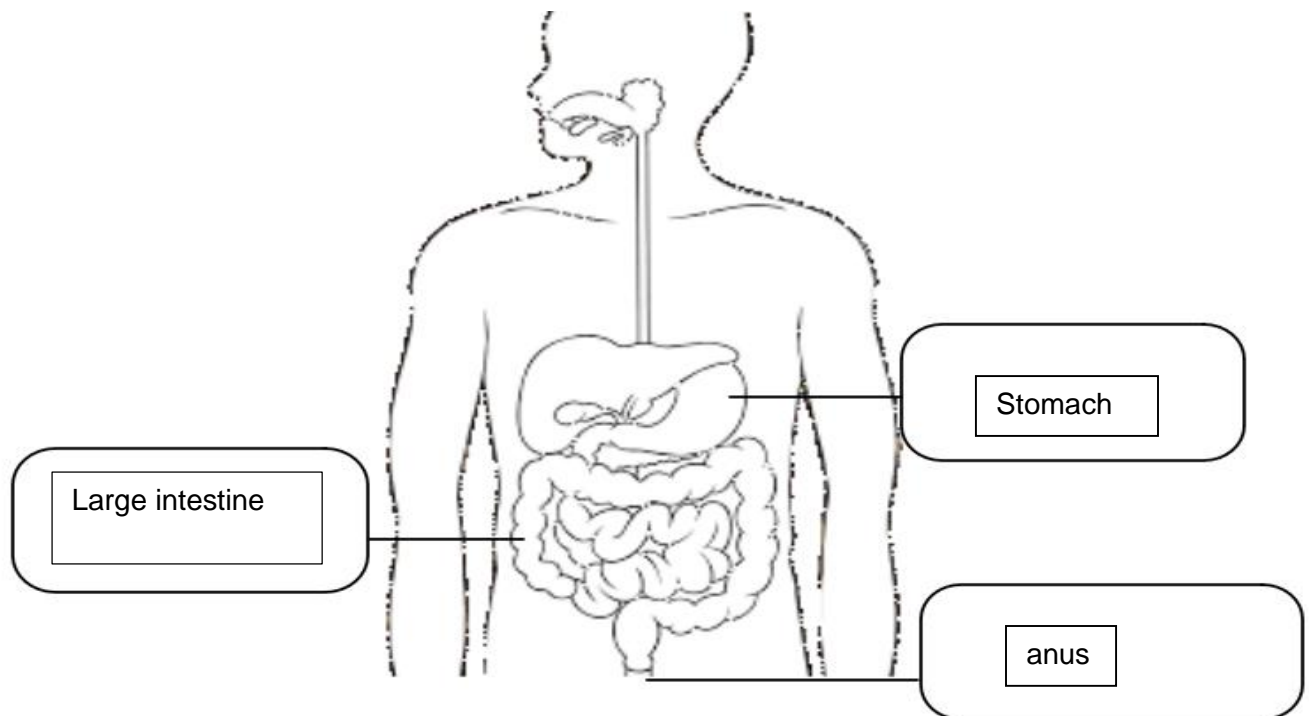
Q6. Digestion starts in the **mouth**.

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> egg sandwich with cheese 1 cupcake	<u>Lunch</u> fried chicken doughnuts [donuts] fries	<u>Dinner</u> 3 slices of pizza fruits 1 packet of Kit Kat
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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 2 Pancakes 5 strawberries	Lunch 2 pieces of fried chicken 2 servings of fries 1 can of pepsi	Dinner 1 burger 1 cup of milk
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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.

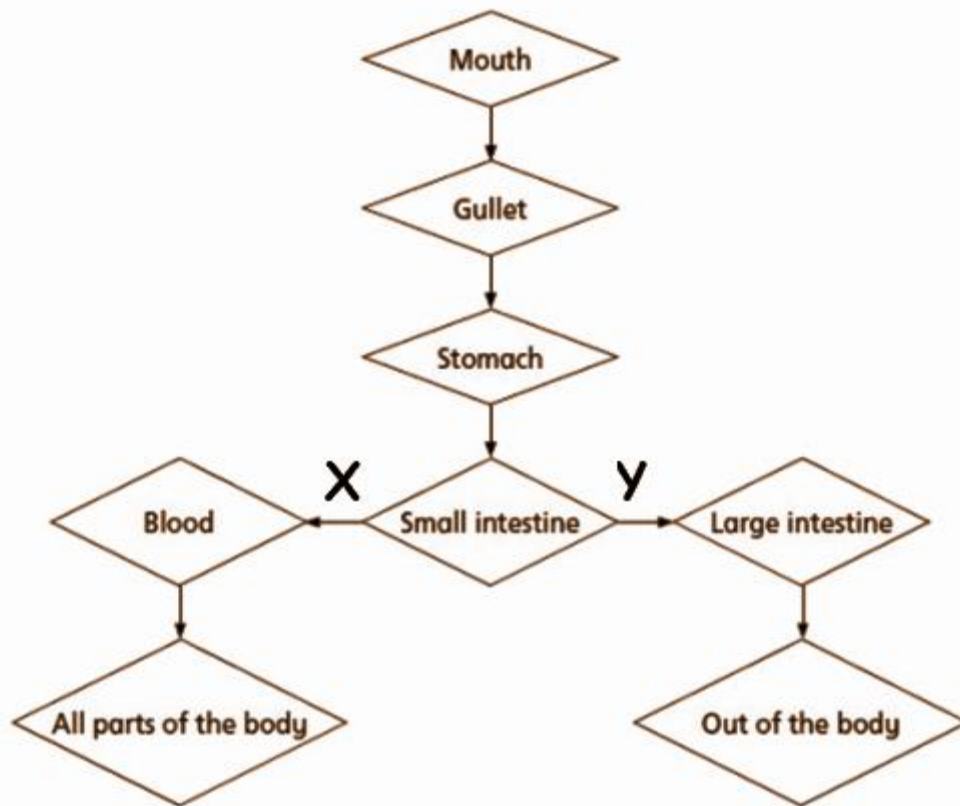
a. There is **no** digestion taking place in the

____ **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.

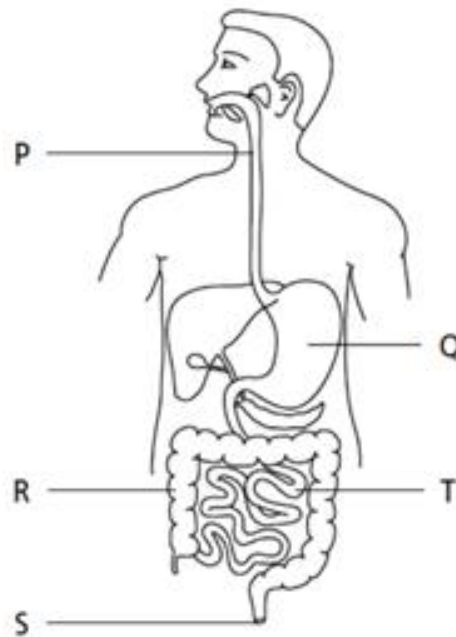


What do **X** and **Y** represent? **Choose** A, B, C or D.

	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