

Quiz questions – Food and digestion

1. Which of the following is high in protein:

- A. Fruit
- B. Water
- C. Meat
- D. Vegetables

C. Meat

2. Carbohydrates are used for:

- A. Energy
- B. Repairing cells
- C. Making muscles
- D. Making skin

A. Energy

3. What solution is used in the test for sugar?

- A. Benedict's solution
- B. Ethanol
- C. Universal indicator
- D. Biuret's solution

A. Benedict's solution

4. What is the solution used to test for proteins called?

- A. Benedict's solution
- B. Ethanol
- C. Universal indicator
- D. Biuret's solution

D. Biuret's solution

5. What are proteins needed by the body for?

- A. Energy
- B. Growth and repair
- C. Insulation
- D. None of these

B. Growth and repair

6. Which of these nutrients is present in the least amount in most foods?
- A. Protein
 - B. Vitamins and minerals
 - C. Carbohydrates
 - D. Vat
- B. vitamins and minerals
7. Which of the following would be best for an athlete to eat before a race?
- A. A cheese sandwich
 - B. A high protein bar
 - C. A high carbohydrate bar
 - D. A hamburger
- C. A high carbohydrate bar
8. Which is the correct order?
- A. Feeding, faeces, absorption
 - B. Faeces, absorption, feeding
 - C. Feeding, absorption, faeces
 - D. Absorption, feeding, faeces
- C. Feeding, absorption, faeces
9. We can make a 'model' of carbohydrate digestion in our gut by using Visking tubing, water, carbohydrase enzyme and which of the following?
- A. Sugar
 - B. Starch
 - C. Vitamins
 - D. Protein
- B. Starch
10. Which food is absorbed fastest?
- A. Protein
 - B. Sugar
 - C. Fat
 - D. Starch
- B. Sugar

11. Large food molecules are broken down into smaller molecules by:

- A. Water
- B. Intestines
- C. Stomach acid
- D. Enzymes

D. Enzymes

12. Which of the following best describe digestion?

- A. Breaking down large molecules into small molecules
- B. Eating food
- C. Absorbing food
- D. Making large molecules from small molecules

A. Breaking down large molecules into small molecules

13. Where does digested food go first?

- A. The heart
- B. The brain
- C. The bloodstream
- D. The muscles

C. The bloodstream

14. Which acid is produced in the stomach?

- A. Hydrochloric acid
- B. Sulfuric acid
- C. Citric acid
- D. Digestion acid

A. Hydrochloric acid

15. What temperature do most enzymes work best at?

- A. 0°C
- B. 37°C
- C. 70°C
- D. 100°C

B. 37°C

16. What is the pH of the acid made in the stomach most likely to be?

- A. pH 1-2
- B. pH 5-6
- C. pH 8-9
- D. pH 10-11

A. pH 1-2

17. We DO NOT use digested food for:

- A. Energy
- B. Growth
- C. Movement
- D. Exercising the gut

D. Exercising the gut

18. Where is glucose most likely to be used?

- A. Muscles
- B. Skin
- C. Hair
- D. Nails

A. Muscles

19. Which food passes through the gut WITHOUT being digested?

- A. Starch
- B. Fat
- C. Protein
- D. Fibre

D. Fibre

20. What do we call undigested food that passes out of the body through the anus?

- A. Vegetables
- B. Protein
- C. Enzymes
- D. Faeces

D. Faeces