



Quiz Answer Key

1. Saliva begins the process of breaking down food by making it moist and easy to swallow.
2. True or **(false)**? Heartburn occurs when stomach acid moves into the heart.
Heartburn occurs when stomach acid moves up into the esophagus.
3. Gastric juices help break down food in the stomach.
4. The small intestine is about 22 feet long and breaks down food into smaller nutrients that can be absorbed into the bloodstream.
5. List two possible causes of diarrhea.
Any two of the following: germs (viruses or bacteria), stress, lactose intolerance, celiac disease, inflammatory bowel disease, Crohn's disease.
6. The epiglottis protects us from choking by covering the windpipe and sending food down the esophagus.
7. The large intestine helps absorb water from undigested food and forms waste into a bowel movement.
8. List two ways to prevent constipation.
Any two of the following: eating food with lots of fiber, drinking plenty of water, exercising regularly.
9. What is produced by the liver and helps the body absorb fats?
 - a. bolus
 - b. appendix
 - (c)** bile
 - d. colon
10. List three ways to avoid indigestion.
Any three of the following: avoid fatty foods, eat slowly, don't overeat, don't eat too much chocolate or citrus fruit, (or other foods that you know bother your stomach), reduce stress, don't smoke or drink alcohol, allow food to digest before doing a lot of physical exercise.