Quiz Answer Key

1. **Saliva** begins the process of breaking down food and makes food moist so it’s easier 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 where digestion continues so nutrients can be absorbed into the body.

5. List two possible causes of diarrhea.
   
   Any two of the following: germs (viruses or bacteria), stress, lactose intolerance, celiac disease, inflammatory bowel disease, irritable bowel syndrome, Crohn’s disease.

6. The ______ epiglottis ________ protects us from choking by covering the windpipe so food goes down the esophagus.

7. The ______ large ________ intestine absorbs water from undigested food and forms waste into poop.

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, reduce stress, don’t smoke or drink alcohol, allow food to digest before doing a lot of physical exercise.