

Science

Topic 7: Digestive System, Nutrition and Hygiene

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1. Choose the correct words from the list to fill the gaps in the text about **food and nutrition**.

build	energy	food groups	maintain
nutrients	nutrition	repair	variety

All living things need ^{a)} _____. These are the substances a body uses to
^{b)} _____ new tissue, ^{c)} _____ damaged cells and
^{d)} _____ itself. The process of feeding the body with nutrients is called
^{e)} _____. Plants use sunlight, water and a gas from the air to make the food that
gives them ^{f)} _____. They take other nutrients from the soil through their roots.
Animals must obtain all the nutrients they need by eating food. Most of our food comes from eating
plants, or the bodies of other animals. We need a ^{g)} _____ of different foods to be
healthy and we get these different foods from five main ^{h)} _____: carbohydrates,
proteins, fats, minerals and vitamins.

2. Match the pictures with the **food groups** and information.

a)

Rice, Pasta, Potatoes, Bread, Sugar, Bananas, Cereals

b)

Lean meat, Chicken, Fish, Eggs, Lentils, Nuts, Milk

c)

Butter, Fatty meat, Milk and Cream, Oil, Beefburger

d)

Green vegetables, Treacle, Chilies, Liver

Food groups:

Fat-rich foods	Mineral-rich foods	Carbohydrate-rich foods	Protein-rich foods
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Information:

We need a variety of these foods for different purposes in the body.
Children need these foods if their bodies are to grow healthy and strong.
Take care! Eating too much of this can make you gain weight or become obese. As you get older too much of this can damage your heart.
An athlete must eat plenty of these foods before a race to provide the energy needed.

Pictures	Food Group	Information
a)		
b)		
c)		
d)		

3. Read the texts and write sentences on **nutrients and their importance in the diet** below in the appropriate boxes.

Fibre: Fibre , also known as roughage, does not provide nutrition, but it helps bulk up waste so that it passes easily through the body. People who do not consume enough roughage are more likely to suffer from constipation, which can sometimes lead to more serious diseases of the intestines.

Carbohydrates: Carbohydrates are mainly used by the body as fuel. Digestion breaks them into a simple sugar called glucose. This is carried in the blood to provide energy for all our body parts.

Proteins: Proteins perform many important jobs in the body. Your body needs them to grow, and to make repairs when it is damaged.

Fats: The body needs some fat to build its parts and keep them working properly. Fat can also be used as fuel, for energy. Surplus fat is stored under our skin as a reserve fuel supply.

Minerals: Minerals are simple substances such as calcium, iron and salt that the body needs for building bones, carrying oxygen in the blood, and controlling blood pressure. You need to eat a lot of mineral-rich foods when your body is growing. If you lose blood then the iron it contained must be replaced or you will become weak. Dark green vegetables, treacle and liver are good sources of iron. Young children need calcium from milk to build strong bones. We need some salt in our diet to replace the sodium we lose by sweating, but too much salt can raise our blood pressure.

Vitamins: Vitamins are special substances that your body needs in tiny amounts but cannot make itself.

Nutrient	Importance in the diet
carbohydrates	Special substances the body needs in tiny amounts.
proteins	Help waste pass through the body.
fats	Simple substances like iron used for different purposes in the body.
vitamins	Provide energy.
minerals	For building parts, maintenance and for fuel.
fibres	Important for growth and repair.

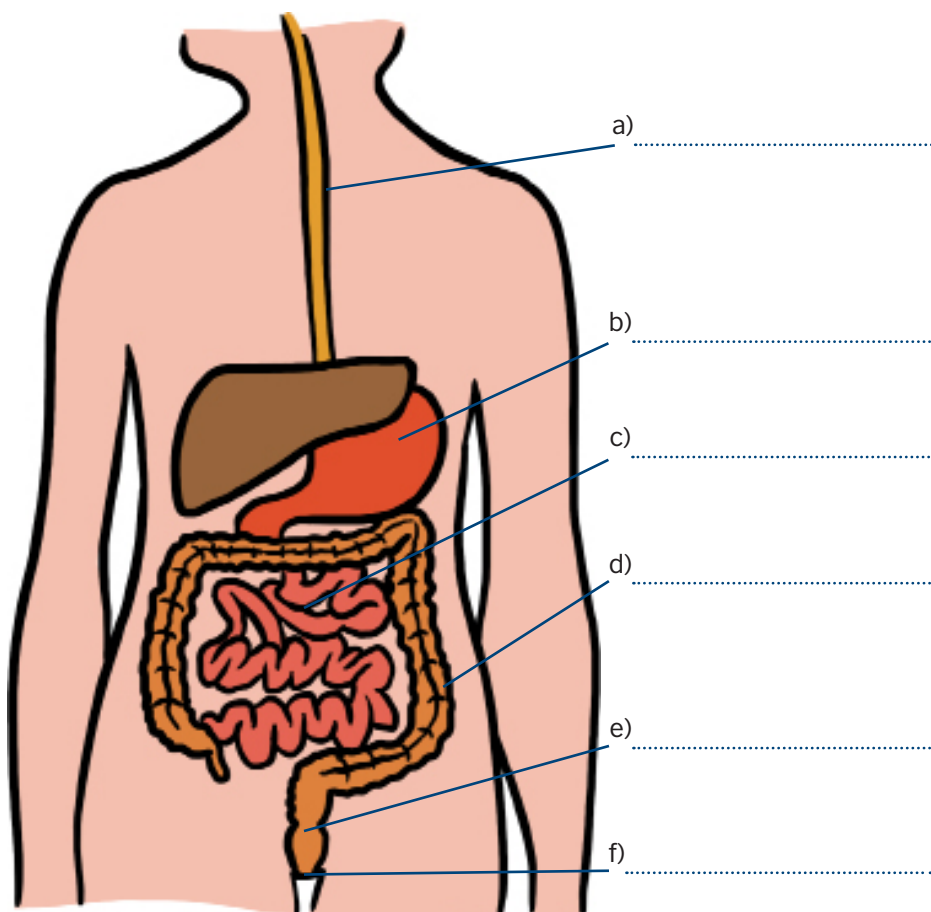
4. Fill in the table with the phrases on **vitamins and their uses in the body**.

Some foods containing vitamins		What the vitamin does in the body	
a)	beans, meat, egg yolks, green vegetables	1	helps the bones to grow properly
b)	egg yolk, green vegetables, carrots, liver, milk	2	needed for blood clotting
c)	fish, fat, egg yolk, also made in the skin by sunlight	3	keeps nerves healthy
d)	fruit, vegetables	4	keeps skin healthy
e)	green vegetables, egg yolks	5	keeps the skin, gums and blood vessels healthy
f)	rice, beans, meat, egg yolks, green vegetables, nuts, pineapples, apricots	6	keeps eyes healthy

Vitamin	Some foods that contain it	What it does in the body
A		
B1		
B2		
C		
D		
K		

5. Use the words about parts of the **alimentary canal** to label the diagram..

rectum	large intestine	anus
small intestine	gullet	stomach



6. Put the words in the correct order to make sentences about **digestion**.

a)	your alimentary canal.	is digested	The food you eat	as it passes through	
Correct sentence:					

b)	where food is broken down	the body can use.	into simpler substances	Digestion is the process	
Correct sentence:					
c)	The alimentary canal	a long tube.	is really just		
Correct sentence:					
d)	the alimentary canal.	is	the entrance	Your mouth	of
Correct sentence:					
e)	Your anus	the alimentary canal.	the exit	is	at the end of
Correct sentence:					
f)	7 metres long.	this tube	If you laid out	it would be about	in a straight line
Correct sentence:					
g)	a ball of food	from one end of this tube	to the other.	When you swallow	it begins its journey
Correct sentence:					

7. Put the sentences in the correct order to describe **the process of digestion**.

a)	Gastric juices contain acid that kills bacteria and different enzymes that start to digest protein.
b)	In the small intestine more enzymes complete the digestion process.
c)	Digestion starts in the mouth when you chew food.
d)	Food stays in the stomach for two to three hours, and then passes into the small intestine.
e)	Inside the stomach, food is mixed with gastric juices.
f)	While it's being chewed, the food is mixed with saliva.
g)	The stomach can expand to take all the food you eat during a meal.
h)	When you swallow the food, it passes from your mouth into your stomach through the gullet.

- i) The saliva contains a special chemical called an enzyme, which breaks starch into sugars.

Write answer here:

1	2	3	4	5	6	7	8	9

8. Unscramble the letters to make words about **absorption** to fill the gaps in the text.

sllam	fsold	ufraces	testinein	estidg
sag	debrobsa	mucter	sun	

The walls of the ^{a)} _____ intestine are covered with tiny ^{b)} _____. These contain blood vessels into which the digested food passes. The folds increase the ^{c)} _____ area, making it easier for substances to pass through. Undigested food passes into the large ^{d)} _____. There are a lot of bacteria here, which continue to ^{e)} _____ food remains, often producing lots of ^{f)} _____. Water and minerals are ^{g)} _____ from the mixture through the large intestine walls. As the contents of the large intestine move down into the ^{h)} _____, they form into faeces. Faeces consist of water, bacteria and undigested food in about equal amounts. The faeces are stored in the rectum until they pass out of the body through the ⁱ⁾ _____.

9. Find the words about **food** in the word search.

<p>F V F L P A K L M E P B D R Y E</p> <p>F S Y N L W H M I O S E M J D F</p> <p>E U H B E L U K W S J Q S M G F</p> <p>O G E W E S R O F M G A X R N H</p> <p>B A C Y R T I V P R O Q O Z I S</p> <p>D R T C S I R E E I S S W J D A</p> <p>B N E O E R C G A L E S B S Y I</p> <p>U M F A C R R E I O T P R C T H</p> <p>T M E T D U E T T U J S O H S H</p> <p>T X C A B A N A N A S E M I L K</p> <p>E R R F T E T B L T G W F C L H</p> <p>R F E S L O F L I S H O I K N S</p> <p>X E A A P E K E V I I M S E K P</p> <p>B P M T C E E S E T T A A N N Q</p> <p>A T A O S L T R R G S D M G C R</p> <p>N E T N T M E G G S D J V R T U</p>	<p>bananas</p> <p>beefburger</p> <p>bread</p> <p>butter</p> <p>cereals</p> <p>chicken</p> <p>cream</p> <p>eggs</p> <p>fat</p> <p>fish</p> <p>lentils</p> <p>liver</p> <p>meat</p> <p>milk</p> <p>nuts</p> <p>oil</p> <p>pasta</p> <p>potatoes</p> <p>rice</p> <p>sugar</p> <p>treacle</p> <p>vegetable</p>
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10. Match the terms with their definitions on **laundry and hygiene**.

a)	drying	1	cleaning dirty clothes, or anything dirty.
b)	laundry	2	dirty clothes being washed or clean clothes just washed.
c)	rinsing	3	keep something in a particular place.
d)	soaking	4	putting something into a liquid and leaving it there for a period of time.
e)	sort out	5	removing the water from something by wiping it, heating it, or blowing air on to it.
f)	store	6	to get rid of things you don't need and arrange things you do need tidily.
g)	washing	7	to twist and squeeze something in order to remove liquid from it.
h)	wring	8	washing something quickly, especially in flowing water, to remove soap or dirt.

Write answers here:

a)	b)	c)	d)	e)	f)	g)	h)

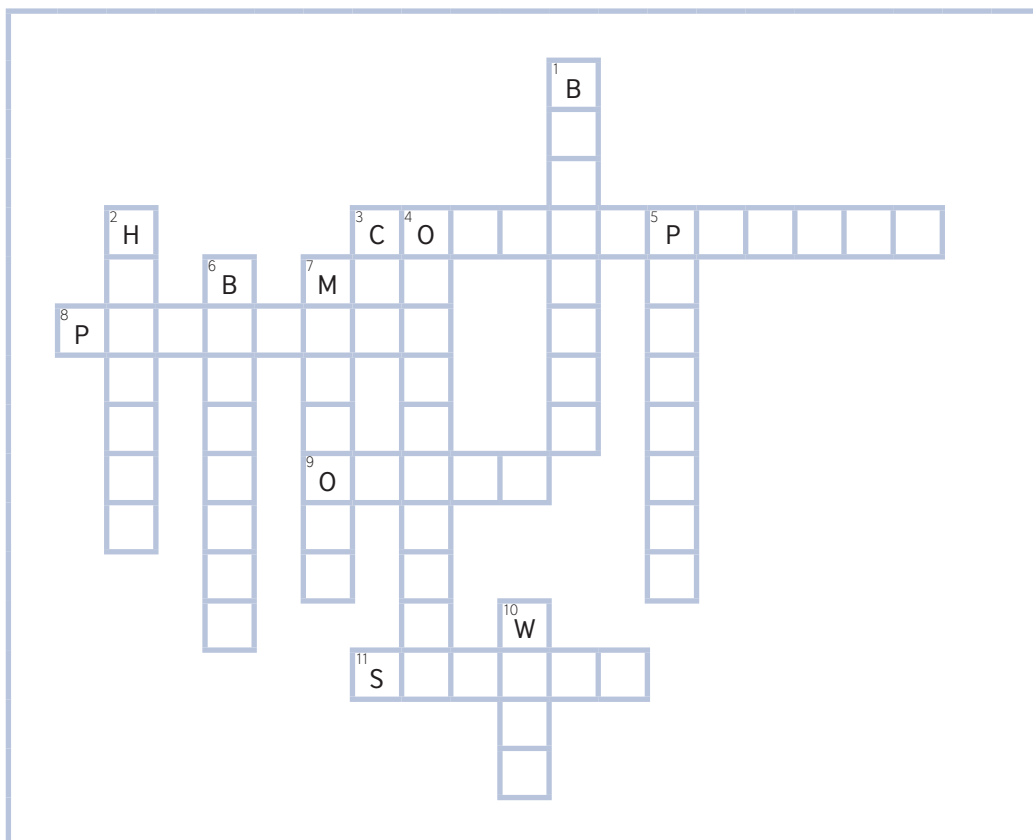
11. Complete the crossword by answering the following questions. All the correct answers are words used in **food hygiene and illness**.

Across

- 3. Condition in which you cannot move solid waste out of your body easily.
- 8. A plant or animal that lives in your intestines or on another type of animal and feeds on them.
- 9. Too fat, in a way that is dangerous for your health.
- 11. Physically powerful and healthy.

Down

- 1. Micro-organisms, very small living things, that consist of a single cell. Some types of these cause diseases and others cause things to decay.
- 2. Being or staying physically strong and not ill.
- 4. Being more heavy than is normal.
- 5. Blood flows from your heart around your body because of this, and when it is either very high or very low it can be dangerous to your health.
- 6. Describes the food that a person or animal usually eats, with all parts combining well together or existing in the correct amounts.
- 7. Micro-organism or very small living thing that you can see only with a microscope. Some microorganisms cause disease.
- 10. A creature with a long soft body and no bones or legs.



Glossary

absorb	/əb'zɔ:(r)b/ verb [T] take in a gas, liquid, or other substance.
absorption	/əb'zɔ:(r)pʃ(ə)n/ noun [U] the process by which something takes in a substance, or liquid.
acid	/ 'æsid/ noun [C/U] a chemical substance with a ph value of less than 7.
alimentary canal	/æli,ment(ə)ri kə'næl/ noun [C] singular the system of organs in humans and animals that separates food into smaller parts that the cells can absorb and use. The oesophagus, the stomach, and the intestines are all part of the alimentary canal.
anus	/ 'eɪnəs/ noun [C] the hole in your bottom through which you get rid of solid waste.
bacteria	/bæk'tɪəriə/ noun plural microorganisms (=very small living things) that consist of a single cell. Some types of bacteria cause diseases and others cause things to decay.
balanced diet	/ 'bælənst 'daɪət/ noun [C] the food that a person or animal usually eats, with all parts combining well together or existing in the correct amounts.
banana	/bə'nɑ:nəz/ noun [C] a long curved fruit with a yellow skin.
beans	/ 'bi:nz/ noun [C] seeds of various plants that are cooked and eaten. There are many different types of beans, for example kidney beans, soya beans, and green beans.
beefburger	/ 'bi:f,bɜ:(r)gə(r)/ noun [C] minced beef (=meat from a cow cut up into very small pieces) that is cooked in a flat round shape and served in a bread roll.
blood pressure	/blʌd 'preʃə(r)/ noun [U] the pressure at which blood flows from your heart around your body. Blood pressure that is either very high or very low can be dangerous to your health.
bone	/bəʊn/ noun [C/U] one of the hard parts that form a frame inside the body of a human or animal. This frame is called a skeleton.
bread	/bred/ noun [U] common food made from flour, water, and usually yeast (=a substance that makes the bread grow larger). Bread is usually sold in a large piece called a loaf or made into smaller pieces called rolls. You usually cut bread into slices to eat it.
break into	/breɪk 'ɪntə/ phr verb [T] to divide something such as a total amount into separate parts.
build	/bɪld/ verb [I/T] make a structure by putting its parts together.
bulk up	/bʌlk ʌp/ phr verb [I] become bigger and heavier.
butter	/ 'bʌtə(r)/ noun [U] solid yellow food made from cream that you spread on bread or use in cooking.
calcium	/ 'kælsiəm/ noun [U] white chemical element that is an important part of bones and teeth and is found in some types of rock.
carbohydrate	/ ,kɑ:(r)bəʊ'haidreit/ noun [C/U] a substance found in foods such as sugar, bread, and potatoes. Carbohydrates supply your body with heat and energy.
cereals	/ 'siəriəlz/ noun [C/U] food made from grain, for example wheat, oats, or corn, mainly eaten with milk for breakfast.
chicken	/ 'tʃɪkɪn/ noun [C/U] a bird kept for its eggs and meat. The female chicken is called a hen and the male is called a cock or a rooster. A baby chicken is called a chick. The meat of a chicken.

classify	/ˈklæsɪfaɪ/ verb [T] put things into particular groups according to the features that they have.
constipation	/ˌkɒnstɪˈpeɪʃ(ə)n/ noun [U] condition in which you cannot move solid waste out of your body easily.
consume	/kənˈsju:m/ verb [T] eat or drink something.
control	/kənˈtrəʊl/ noun [U] the power to make something do what you want.
cream	/kri:m/ noun [U] thick yellowish-white liquid taken from the top of milk.
dairy	/ˈdeəri/ adj dairy products include milk and foods made from milk, for example butter and cheese.
digest	/daɪˈdʒest/ verb [T] your stomach digests food and changes it into substances your body needs; digestion /daɪˈdʒestʃ(ə)n/ noun [C/U].
digestive system	/daɪˈdʒestɪv/ ˈsɪstəm/ noun [C] the system of organs and processes in the body of humans and animals that deals with the digestion of food.
drying	noun [U] removing the water from something by wiping it, heating it, or blowing air onto it.
eggs	/ˈegz/ noun plural round objects with shells that a female bird produces and a baby bird develops in. The mother bird lays an egg, and later the egg hatches and the baby bird comes out.
energy	/ˈenə(r)dʒi/ noun [C/U] supply of physical power you have for doing things that need physical effort.
enzyme	/ˈenzaim/ noun [C] a chemical produced by cells that helps reactions and other processes to start.
expand	/ɪkˈspænd/ verb [I/T] become larger in size and fill more space.
faeces	/ˈfi:si:z/ noun plural solid waste from your body.
fat	/fæt/ noun [U] soft white substance stored in a layer under your skin.
fat-rich	/fæt/ ˈrɪtʃ/ adj having a lot of fat.
fatty meat	/ˈfæti mi:t/ noun [C/U] the flesh of an animal or bird containing a lot of fat.
fibre	/ˈfaɪbə(r)/ noun [C/U] the parts of fruit, vegetables, and grains that your body cannot digest (=change into substances it can use). It helps food to pass through your body.
fish	/fɪʃ/ noun [C/U] an animal that lives in water and swims. It breathes by using its gills and moves by using its tail and fins. Saltwater fish live in the sea and freshwater fish live in rivers and lakes.
food group	/fu:d gru:p/ noun [C] one of the sets that foods are divided into.
fruit	/fru:t/ noun [C/U] a type of food that grows on trees or plants. It tastes sweet and contains seeds or a stone. Apples and oranges are fruit. Ripe fruit is ready to eat.
fuel supply	/ˈfju:əl səˈplaɪ/ noun [C] an amount of things that people eat, available to the body to use.
gain weight	/geɪn weɪt/ verb [I] get more heavy of a person or thing, is usually as a result of a gradual process. Someone who is overweight is heavier than is normal.

gas	/gæs/ noun [C/U] a substance such as air that is neither a solid nor a liquid.
gastric juices	/'gæstrɪk dʒuːsɪs/ noun plural substances created by your stomach to help it to digest food.
glucose	/'gluːkəʊz/ noun [U] sugar that is produced in plants through photosynthesis and in animals' bodies when carbohydrates are separated into the parts they consist of.
green vegetable	/'griːn 'vedʒtəb(ə)/ noun [C] a part of a plant with the colour of the grass, used as food, for example a potato, bean, or cabbage.
groundnuts	/'graʊnd ,nʌts/ noun plural a type of nut that grows underground in a thin shell that can be eaten.
grow	/grəʊ/ verb [I/T] if children or animals grow, they become taller or larger.
gullet	/'gʌlɪt/ noun [C] the oesophagus or tube in your body that carries food from mouth to stomach.
healthy	/'helθi/ adj helping you to stay physically strong and not ill.
intestinal parasite	/'ɪn'testɪn(ə)l 'pærəsɪt/ noun [C] a plant or animal that lives in your intestines or on another type of animal and feeds on them.
intestine	/'ɪn'testɪn/ noun [C] often plural the long tube in your body that processes food and carries waste out of your body.
iron	/'aɪə(r)n/ noun [U] small quantities of iron existing in foods and in the body is important for good health.
large intestine	/'lɑː(r)dʒ/'ɪn'testɪn/ often plural the wider lower part of the intestine that changes food into waste.
laundry	/'ləʊndri/ noun [C/U] singular dirty clothes being washed or clean clothes just washed.
lean meat	/'liːn mi:t/ noun [C/U] lean meat has very little fat in it.
lentils	/'lentɪl/ noun plural round flat seeds boiled before eating. You normally buy lentils in dried form.
liver	/'lɪvə(r)/ noun [C/U] the organ in your body that cleans your blood and produces bile.
maintain	/'meɪn'teɪn/ verb [T] make sure that something stays at the same level, rate, or standard.
maize	/'meɪz/ noun [U] a tall plant that produces yellow seeds called sweetcorn when cooked and eaten.
meat	/'mi:t/ noun [C/U] the flesh of an animal or bird eaten as food.
microbe	/'maɪkrəʊb/noun [C] microorganism or very small living thing that you can see only with a microscope. Some microorganisms cause disease.
milk	/'mɪlk/ noun [U] white liquid that comes from cows, goats, and sheep, which people drink and use in cooking. Cheese and other foods made from milk are called dairy products.
millet	/'mɪlɪt/ noun [U] type of grain often used as food for birds.
mineral-rich	/'mɪn(ə)rəl rɪtʃ/ adj having a lot of the natural substances in some foods that you need for good health, for example iron and calcium.
mixture	/'mɪkstʃə(r)/ [C/U] singular a combination of two or more different things, people, qualities etc.

nutrients	/nju: 'triənts/ noun normally plural [C] food considered as something that keeps you healthy.
nutrition	/nju: 'trɪ(ə)n/ noun [U] the process of feeding the body with nutrients is called nutrition.
nuts	/nʌts/ noun plural a dry fruit that grows inside a hard shell on some types of tree and bush.
obese	/əʊ 'bi:s/ adj too fat, in a way that is dangerous for your health.
oil	/ɔɪl/ noun [C/U] a thick smooth liquid used in cooking and preparing food, and in medicines.
pasta	/'pæstə/ noun [C/U] Italian food made from flour and water, and sometimes eggs. There are many different forms of pasta, for example spaghetti, ravioli, and lasagne.
potato	/pə 'teɪtəʊ/ noun [C/U] a very common hard round vegetable that has a brown, red, or yellow skin and is white or yellow inside. It grows under the ground and can be cooked in many different ways.
protective	/prə 'tektɪv/ adj providing protection against something harmful or dangerous.
protein	/'prəʊti:n/ noun [C/U] a substance in food such as meat, eggs, and milk that people need in order to grow and be healthy.
rectum	/'rektəm/ noun [C] the lowest part of the tube through which solid waste leaves your body.
repair	/rɪ 'peə(r)/ verb [T] fix something that is broken or damaged.
reserve	/rɪ 'zɜ:(r)v/ noun [C] a supply of something that someone has and can use when they need to.
rice	/raɪs/ noun [U] food consisting of small white or brown grains that are eaten cooked.
rinsing	/rɪnsɪŋ/ washing something quickly, especially in flowing water, in order to remove soap or dirt.
roots	/ru:ts/ noun plural the ordinary people in a community, country, society, or organization rather than its leaders.
roughage	/'rʌfɪdʒ/ noun [U] fibre that helps food and waste to pass through your body.
saliva	/sə 'laɪvə/ noun [U] the liquid produced by glands in your mouth.
salt	/sɔ:lt/ noun [U] white substance that is often added to food before or after cooking to improve its flavour. Salt is dug from the ground, or produced from sea water.
seeds	/si:dz/ noun plural small hard part produced by a plant that can grow into a new plant.
small intestine	/smɔ:l ɪn 'testɪn/ noun the tube in your body food goes to after it has passed through your stomach.
soaking	/'səʊkɪŋ/ noun [C] putting something into a liquid and leaving it there for a period of time.
sort out	/sɔ:(r)tɪŋ/ /aʊt/ phr verb to get rid of things you don't need and arrange things you do need tidily.
soya bean	/sɔɪə 'bi:n/ noun [C] the seed of a plant, used for making food and oil.
starch	/stɑ:(r)tʃ/ noun [C/U] white substance without any taste that is found in rice, potatoes, and other vegetables. It is a type of carbohydrate that gives you energy.

starchy	/ˈstɑː(r)tʃi/ adj starchy foods have a lot of starch in them.
stomach	/ˈstʌmək/ noun [C] the soft part at the front of your body between your chest and your legs.
store	/stɔː(r)/ verb [T] keep something in a particular place.
strong	/strɒŋ/ adj physically powerful and healthy.
sugar	/ˈʃʊɡə(r)/ noun [C/U] sweet substance consisting of very small white or brown pieces that is added to food or drinks to make them taste sweet.
surface area	/ˈsɜː(r)fɪs ˈeəriə/ noun [U] the total area of a surface, especially the outside surfaces of an object.
surplus	/ˈsɜː(r)pləs/ noun [C/U] more of something than is necessary.
swallow	/ˈswɒləʊ/ verb [I/T] make food or drink go from your mouth down your throat and into your stomach.
sweat	/swet/ noun [U] liquid that forms on your skin when you are hot.
sweet foods	/swi:t/ /fuːdz/ noun plural the things that people or animals eat, tasting like sugar.
tiny folds	/ˈtaɪni/ /fəʊldz/ noun plural extremely small bends in organ tissues which help the transfer of foods into the blood.
tooth	/tuːθ/ noun [C] hard white object inside the mouth for biting or chewing food; plural teeth /tiːθ/.
treacle	/ˈtriːk(ə)l/ noun [U] thick sweet black liquid used in cooking.
variety	/vəˈraɪəti/ noun singular a collection or number of people, things, ideas etc that are all different from one another.
vegetable	/ˈvedʒtəb(ə)l/ noun [C/U] a part of a plant used as food, for example a potato, bean, or cabbage.
vitamin	/ˈvɪtəmin/ noun [C] substance found in food necessary to keep the body healthy, e.g., vitamin C is found in fruit and vegetables. Vitamin deficiency is a medical condition caused by lack of vitamins.
washing	/ˈwɒʃɪŋ/ noun [U] cleaning dirty clothes.
weak	/wiːk/ adj part of your body that is weak is not as strong or healthy as it should be.
worm	/wɜː(r)m/ noun [C] a creature with a long soft body and no bones or legs.
wring	/ˌrɪŋŋ/ verb [T] to twist and squeeze something in order to remove liquid from it.

Key:

1. a) nutrients, b) build, c) repair, d) maintain, e) nutrition, f) energy, g) variety, h) food groups

2.

Pictures	Food Type	Information
a)	Carbohydrate-rich foods.	An athlete must eat plenty of these foods before a race to provide the energy needed.
b)	Protein-rich foods.	Children need these foods if their bodies are to grow healthy and strong.
c)	Fat-rich foods.	Take care! Eating too much of this can make you gain weight or become obese. As you get older too much of this can damage your heart.
d)	Mineral-rich foods.	We need a variety of these foods for different purposes in the body.

3.

Nutrient	Importance in the diet
carbohydrates	These are special substances the body needs in tiny amounts.
proteins	They help waste pass through the body.
fats	These are simple substances like iron used for different purposes in the body.
vitamins	They provide energy.
minerals	They are for building parts, maintenance and for fuel.
fibres	They are important for growth and repair.

4.

Vitamin	Some foods that contain it	What it does in the body
A	a) egg yolk, green vegetables, carrots, liver, milk	1) keeps eyes healthy
B1	b) rice, beans, meat, egg yolks, green vegetables, nuts, pineapples, apricots	2) keeps nerves healthy
B2	c) beans, meat, egg yolks, green vegetables	3) keeps skin healthy
C	d) fruit, vegetables	4) keeps the skin, gums and blood vessels healthy
D	e) fish, fat, egg yolk, also made in the skin by sunlight	5) helps the bones to grow properly
K	f) green vegetables, egg yolks	6) needed for blood clotting

5. a) gullet, b) stomach, c) small intestine, d) large intestine, e) rectum, f) anus

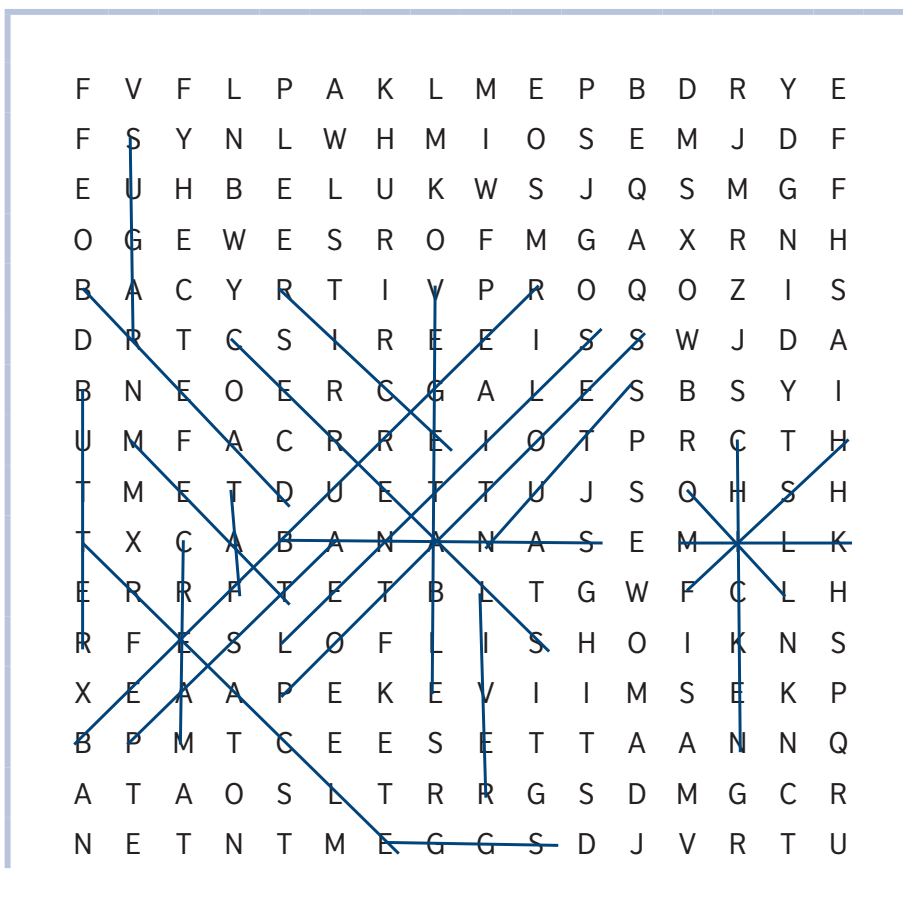
6.

a)	The food you eat is digested as it passes through your alimentary canal.
b)	Digestion is the process where food is broken down into simpler substances the body can use.
c)	The alimentary canal is really just a long tube.
d)	Your mouth is the entrance of the alimentary canal.
e)	Your anus is the exit at the end of the alimentary canal.
f)	If you laid out this tube in a straight line it would be about 7 metres long.
g)	When you swallow a ball of food it begins its journey from one end of this tube to the other.

7.1 c), 2 f), 3 i), 4 h), 5 g), 6 e), 7 a), 8 d), 9 b)

8. a) small, b) folds, c) surface, d) intestine, e) digest, f) gas, g) absorbed, h) rectum, i) anus

9.



10. a) 5, b) 2, c) 8, d) 4, e) 6, f) 3, g) 1, h) 7

11. **Across:** 3. constipation, 8. parasite, 9. obese, 11. strong; **Down:** 1. bacteria, 2. healthy, 4. overweight, 5. pressure, 6. balanced, 7. microbe, 10. worm