

Activity 4: Check Your Thinking!

Fill-in-the-Blank Questions

1. The process of breaking down food into smaller pieces starts in the mouth, where mechanical digestion happens with the help of teeth and chemical digestion starts with amylase in saliva.
2. The long muscular tube that pushes food toward the stomach using wave-like movements called peristalsis is the esophagus.
3. In the stomach, food is mixed with strong digestive juices to form a liquid called chyme, which then moves to the small intestine for further digestion and absorption.
4. Tiny finger-like projections called villi in the small intestine help absorb nutrients into the bloodstream.
5. The large intestine removes water from waste and forms it into solid stools, which are eventually eliminated from the body.
6. The liver produces bile, which breaks down fats, while the gallbladder stores this bile until it is needed.
7. The process where nutrients from food are absorbed into the blood and delivered to the body is called absorption. This is similar to how plants use their phloem system to transport nutrients.
8. Mechanical digestion involves physically breaking down food, while chemical digestion uses enzymes to break food into smaller molecules.
9. The circulatory system works with the digestive system by transporting absorbed nutrients through the blood to the rest of the body.
10. Water and minerals are absorbed in the large intestine, which also helps form and store waste for elimination.

Essay Question Answer

Understanding the journey through the digestive system is important for staying healthy because it

shows how our bodies break down food into nutrients we need to live. The digestive system works closely with the circulatory system to deliver absorbed nutrients through the blood. It also works with the excretory system to eliminate waste. For example, the small intestine absorbs vitamins and minerals using structures called villi, and the large intestine removes water from waste. When we eat healthy foods rich in fiber and drink enough water, we help our digestive system work more efficiently. Staying active also supports healthy digestion by keeping everything moving smoothly through the system.