



Name: _____
Date Started: _____ Date Completed: _____ Score: _____

Learning Activity Sheet Keeping the Digestive System Healthy

I. Directions. Read and understand each question carefully. Circle the letter of the correct answer to each question.

1. Which of the following pairs of digestive organ and its function is mismatched?
A. anus: ingestion
B. mouth: chewing or mastication
C. stomach: churning of food
D. small intestine: absorption of nutrients
2. Which of the following digestive juices helps in emulsifying fats?
A. salivary juice
B. bile juice
C. gastric juice
D. intestinal juice
3. What is the main role of the large intestine?
A. churning of food
B. absorption of excess water
C. neutralizes the acidity of the chyme
D. absorption of the products of digestion
4. Which of the following practices does not promote a healthy digestive system?
A. eating a balanced diet
B. staying inactive
C. drinking at least eight glasses of water
D. eating high-fiber food
5. Which of the following materials can best maintain intestinal health?
A. fibers
B. minerals
C. starches
D. vitamins

II. Directions. Identify and explain if the following statements show healthful practices that promote wellness of the digestive system or not.

1. Lie down after eating _____
2. Eat high-fiber foods _____
3. Skip your meals - _____
4. Be hydrated- _____
5. Stay active- _____