

Q: What is the tube that brings the food to the stomach?

A: Esophagus

Q: Where does digestion start?

A: The mouth/teeth

Q: What happens in the small intestine?

A: Nutrients are absorbed in the blood, food is mixed with more digestive juices, most of digestion takes place.

Q: What is a nutrient?

A: The parts of food that your body uses and needs.

Q: What nutrients repairs and builds muscle?

A: Protein

Q: What nutrient gives the body readily available energy?

A: Carbohydrates

Q: In the digestive process, food that is stripped of its nutrients leaves the body through what body part?

A: Large Intestine

Q: What is the job of the liver?

A: The liver filters the blood and processes nutrients so they can be used in the body.

Q: What tool can help us make healthy choices with food?

A: My Plate

Q: What is a calorie?

A: A unit that measures how much energy food gives us.