7th Grade Human Physiology Review Questions
Nutrition and Digestion

True or False?

The gall bladder's main purpose is to store fat.

The Large intestines is about 20 feet long.

The cell lining of the stomach is replaced about once every three days.

Hydrochloric Acid is the main ingredient in stomach acid.

The appendix is crucial in the process of digestion.

Digestion begins once you have swallowed the food.

Your tongue has special taste buds for sweet, sour, bitter/savory and salty foods.

Because you are young, you don't really need to brush your teeth every day.

The liver is the largest organ inside the human body.

The epiglottis is located between the liver and stomach.

On the blackboard have an anatomical drawing of the human being- use a different color for each organ. Then make a separate label for each organ. Have the students draw one from a "hat" and fix the organ name to the proper organ using a magnet or tape.

Name the two most important ways the body uses food:

List the 3 types of macronutrients and how each one is used in the body:

Name the two types of micronutrients.

What are calories?
What are the 5 basic food groups?

Besides the foods listed above, what is the 6th component to a healthy body?

Give one food source and one way each of the following help our bodies stay healthy:

Vitamin A-
Vitamin C-
Vitamin D-
Vitamin E-
Vitamin K-
Vitamin B-1
Vitamin B-2
Vitamin B-3
Vitamin B-6
Vitamin B-12
Calcium
Iron