Digestive System Test

1. The jaw has sensors to alter the bite force during eating T
2. Digestion in the small intestine lasts 1-2 hours F
3. Too much fiber causes diarrhea F
4. Type I diabetes is often associated with fast food intake and lack of exercise F
5. Glucagon is released by the pancreas in response to high levels of glucose in the blood F
6. Obese individuals have very low BMIs (body mass index) F
7. Which of the following is NOT an organ of the alimentary canal?
   1. Pharynx
   2. Esophagus
   3. **Pancreas**
   4. Stomach
8. Which of the following is the correct order through which food passes?
   1. Mouth, pharynx, esophagus, stomach, large intestine, small intestine
   2. **Mouth, pharynx, esophagus, stomach, small intestine, large intestine**
   3. Mouth, pharynx, stomach, esophagus, small intestine, large intestine
   4. Mouth, esophagus, pharynx, stomach, large intestine, small intestine
9. The alimentary canal is approximately how long?
   1. 20 feet
   2. 40 feet
   3. 10 feet
   4. **30 feet**
10. Which of the following is the junction between the pharynx and the esophagus?
    1. Nasopharynx
    2. Oropharynx
    3. **Laryngopharynx**
    4. Esophagopharynx
11. What is the esophagus composed of?
    1. **Smooth muscle**
    2. Skeletal muscle
    3. Connective tissue
    4. Simple squamous epithelium
12. Which of the following is NOT true about the stomach?
    1. It contains cells that produce mucus
    2. **Starch digestion begins here**
    3. It is an acidic environment
    4. It contains the enzyme, pepsin
13. Which of the following is the middle section of the small intestine?
    1. Cardioesophageal sphincter
    2. **Jejunum**
    3. Ileum
    4. Duodenum
14. The primary function of the small intestine is:
    1. **Nutrient absorption**
    2. Water absorption
    3. Mineral uptake
    4. Waste secretion
15. Which of the following is NOT a subdivision of the large intestine?
    1. Cecum
    2. Rectum
    3. **Duodenum**
    4. Appendix
16. Amylase is an enzyme that dissolves:
    1. Protein
    2. Sugar
    3. Fat
    4. **Starch**
17. The number of permanent teeth in an adult (before wisdom teeth are removed!) is:
    1. 20
    2. 28
    3. **32**
    4. 34
18. The pancreas secretes enzymes into:
    1. Mouth
    2. Stomach
    3. **Duodenum**
    4. Ileum
19. The sequence in which large food molecules are broken down into their subunits by enzymes is referred to as:
    1. Ingestion
    2. Mechanical digestion
    3. **Chemical digestion**
    4. Absorption
20. Swallowing food is another term for:
    1. **Ingestion**
    2. Propulsion
    3. Absorption
    4. Digestion
21. When food is mixed with stomach acid, it is referred to as:
    1. Peristalsis
    2. Bolus
    3. **Chyme**
    4. Waste
22. Which of the following cannot be broken down in our digestive system?
    1. Sucrose
    2. Starch
    3. Lactose
    4. **Cellulose**
23. The building blocks of proteins are:
    1. Peptides
    2. Polypeptides
    3. **Amino Acids**
    4. Glycerol
24. Movement of nutrients into the blood is referred to as:
    1. Digestion
    2. **Absorption**
    3. Ingestion
    4. Defecation
25. The first chemical to be digested in the body is:
    1. Lipids
    2. Protein
    3. **Starch**
    4. Minerals
26. Which of the following does NOT have a digestive function?
    1. Stomach
    2. Duodenum
    3. **Esophagus**
    4. Ileum
27. Movement of chyme through the small intestine takes roughly:
    1. 1-3 hours
    2. **3-5 hours**
    3. 1-3 days
    4. 3-5 days
28. Pancreatic juice contains the following, except:
    1. Amylase
    2. Lipase
    3. **Pancreatase**
    4. Protease
29. Which of the following is not absorbed by the large intestine?
    1. Water
    2. Ions
    3. **Protein**
    4. Vitamins
30. We measure the energy unit of food in:
    1. **Calories**
    2. ATP
    3. Carbohydrate units
    4. Coenzymes
31. What is bulimia nervosa most often associated with?
    1. **Binge eating**
    2. Liver disease
    3. Obesity
    4. High self esteem
32. How do you explain health benefits from choosing apple juice over soda?
    1. Apple juice has more sugar and will provide more energy
    2. Apple juice is more processed and therefore healthier
    3. **Apple juice contains phytochemicals that access the brain and improve function**
    4. Apple juice has less calories
33. I am carb-loading for a marathon. What type of metabolism will I access?
    1. Ketosis
    2. Lipolysis
    3. **Glycogenesis**
    4. Cell Respiration
34. Which statement best describes why lipolysis comes before ketosis?
    1. Lipolysis is the breakdown of body fat and ketosis is the breakdown of organ fat
    2. Lipolysis occurs during starvation and ketosis occurs after exercise
    3. Lipolysis breaks down fats, ketosis breaks down proteins
    4. **Lipolysis occurs when there is little glucose or glycogen present, ketosis occurs when the body has no energy sources due to starvation or intense exercise**
35. Cell respiration is a \_\_\_\_\_\_\_\_\_ process
    1. Time-consuming
    2. **Passive**
    3. Infrequent
    4. Detoxifying
36. Protein metabolism is referred to as \_\_\_\_\_\_\_\_\_\_\_\_\_ and creates \_\_\_\_\_\_\_\_\_\_\_
    1. Ketosis; glucose
    2. Ketosis; amino acids
    3. **Gluconeogenesis; glucose**
    4. Gluconeogenesis; amino acids
37. Tracking your macronutrients can assist in the following ways EXCEPT
    1. Increases awareness of how frequent you eat
    2. Reveals potential deficiencies in nutrients
    3. Allows the creation of a realistic diet plan
    4. **Increases metabolism**
38. Basal Metabolic Rate (BMR) represents
    1. How many calories you eat per day
    2. **How many calories you need to maintain normal cellular functions**
    3. How many calories you require with daily activities
    4. How many calories you need to increase your metabolism
39. TDEE stands for:
    1. Total Daily Exercise Efficiency
    2. Trace Digestive Efficiency Elements
    3. **Total Daily Energy Expenditure**
    4. Totally Don’t Eat Earthworms
40. Which of the following is NOT one of the roles of the liver?
    1. To detoxify alcohol and drugs
    2. Process nutrients in digestion
    3. Make cholesterol
    4. **Add ammonia to the blood**
41. Where are most vitamins absorbed?
    1. Stomach
    2. Mouth
    3. **Intestines**
    4. Kidneys
42. Which of the following is NOT a mineral?
    1. Magnesium
    2. Iron
    3. **Biotin**
    4. Zinc
43. Vitamin C functions to:
    1. **Provide immune defense**
    2. Improve eyesight
    3. Improve blood flow
    4. Secrete enzymes
44. What are the two classes of vitamins?
    1. Fat-soluble and immunity
    2. Water-soluble and trace
    3. **Fat-soluble and water-soluble**
    4. Water-soluble and growth
45. What benefits do micronutrients provide?
    1. Build muscle
    2. **Ensure cells maintain homeostasis**
    3. Increase metabolism
    4. Decrease dehydration
46. Liver disease associated with contaminated food or water L
47. Gallbladder inflammation K
48. Gum disease I
49. Acidic environment at the junction between the esophagus and the stomach H
50. A test for gastrointestinal diseases using feces E
51. Inflammation of connective tissue surrounding the abdominal cavity G
52. A tear in connective tissue B
53. Liver disease associated with blood contamination D
54. Low fiber diet causes food to become stuck in pouches of the intestines C
55. Polyps must be checked to determine presence of this disease A
    1. Colon cancer
    2. Hernia
    3. Diverticulitis
    4. Hepatitis B
    5. Hemoccult
    6. Caries
    7. Peritonitis
    8. Heartburn
    9. Gingivitis
    10. Colitis
    11. Cholecystitis
    12. Hepatitis A