Lesson 1 Quiz
1. What are the six types of nutrients needed for good human health?

________________    _______________
________________    _______________
________________    _______________
________________    _______________
2. What **four** things does food help your body to do?

___________________________________

___________________________________

___________________________________

___________________________________
True or False

1. ___________ Everyone should take vitamin supplements as part of a healthy diet.

2. ___________ Some vitamin K amounts are made by bacteria in our intestines.

3. ___________ Vitamin B₁₂ is only found in milk.
4. List 4 minerals and tell why they are important for your body.
5. List 4 reasons why water is the most important nutrient for your body.
Lesson 3 Quiz
1. List the functions of the digestive system.

_________________________________________
_________________________________________
_________________________________________
2. If your stomach could no longer produce acid, how do you think that would affect digestion?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
3. What is the difference between **Mechanical** and **Chemical** Digestion?

<table>
<thead>
<tr>
<th>Mechanical Digestion</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Chemical Digestion</th>
</tr>
</thead>
</table>