

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?

Lesson 2

Quiz

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?

Mechanical Digestion

Chemical Digestion