

### 3.3.3 Human Nutrition

## Self-Assessment

#### Where is your learning at?

- Green: I know it all
- Orange: I have some idea – check the answers
- Red: I need to start studying this section

	Topic	Green	Orange	Red
	<b>CAN YOU</b>			
1.	Define Heterotrophic Nutrition			
2.	Define Autotrophic Nutrition			
3.	Define the terms Carnivore, Herbivore and Omnivore			
4.	Explain why organisms need to digest food			
5.	Explain why organisms need a digestive system			
6.	List the four stages of digestion, and relate them to specific parts of the digestive system			
7.	Define Ingestion			
8.	Define Digestion			
9.	Define Absorption			
10	Define Egestion			

## 3.3.4 Human Digestive System

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		Green	Orange	Red
	<b>CAN YOU</b>			
1	Label a diagram the digestive system			
2	Identify on a diagram the glands associated with the digestive system			
3	Give the functions of canine, incisors, pre molars and molar teeth			
4	Write out the human dental formula			
5	Define peristalsis			
6	State three ways mechanical digestion is carried out			
7	Give the function of bile salts			
8	Name one <b>amylase</b> enzyme and state (1) where it is produced, (2) its role in chemical digestion, (3) the pH at its site of action, (4) the products formed when it digests food			
9	Name one <b>protease</b> enzyme and state (1) where it is produced, (2) its role in chemical digestion, (3) the pH at its site of action, (4) the products formed when it digests food			
10	Name one <b>Lipase</b> enzyme and state (1) where it is produced, (2) its role in chemical digestion, (3) the pH at its site of action, (4) the products formed when it digests food			
11	Give the functions of each part of the alimentary canal			
12	Give three ways in which the small intestine is adapted to digest food			

13	Give three ways in which the small intestine is adapted to absorb digested food			
14	Label a diagram of a villus and state the functions of each part labelled			
15	Give two main functions of the large intestine			
16	State two functions of symbiotic bacteria in the large intestine			
17	Outline and explain the benefits of fibre in the diet			