



## Quiz Answer Key

1. Saliva begins the process of breaking down food and makes food moist so it's easier to swallow.
2. True or **(false)** Heartburn occurs when stomach acid moves into the heart.  
Heartburn occurs when stomach acid moves up into the esophagus.
3. Gastric juices help break down food in the stomach.
4. The small intestine is where digestion continues so nutrients can be absorbed into the body.
5. List two possible causes of diarrhea.  
Any two of the following: germs (viruses or bacteria), stress, lactose intolerance, celiac disease, inflammatory bowel disease, irritable bowel syndrome, Crohn's disease.
6. The epiglottis protects us from choking by covering the windpipe so food goes down the esophagus.
7. The large intestine absorbs water from undigested food and forms waste into poop.
8. List two ways to prevent constipation.  
Any two of the following: eating food with lots of fiber, drinking plenty of water, exercising regularly.
9. What is produced by the liver and helps the body absorb fats?
  - a. bolus
  - b. appendix
  - (c)** bile
  - d. colon
10. List three ways to avoid indigestion.  
Any three of the following: avoid fatty foods, eat slowly, don't overeat, reduce stress, don't smoke or drink alcohol, allow food to digest before doing a lot of physical exercise.