

Question 1.

Where does digestion start?

- a) Your stomach
- b) Your mouth
- c) On your tongue
- d) In your intestine
- e) Your oesophagus

(Answer: **b.** Digestion begins in your mouth when your teeth break up your food with the help of saliva.)

Question 2.

Where does most digestion occur?

- a) Your mouth
- b) Your oesophagus
- c) Your stomach
- d) Your small intestine
- e) Your large intestine

(Answer: **d.** Most nutrients are absorbed from your food as it moves through your small intestine.)

Question 3.

Saliva helps to prevent infection. True or false?

(Answer: True. Saliva is part of your first line of defence. It contains antibodies that help to fight infection.)

Question 4.

Your large intestine is where....

- f) All your digestion occurs
- g) None of your digestion occurs
- h) Water is returned to your body
- i) None of the above
- j) All of the above

(Answer: **c.** Food has very little nutrients left by the time it reaches your large intestine. In the large intestine, water is taken from the chyme (food mixture) and returned to your body. The remaining waste products travel to your rectum and are excreted *via* your anus.)

Question 5.

An adult's small intestines are about...?

- a) 10 feet
- b) 20 feet
- c) 30 feet
- d) 40 feet
- e) 50 feet

(Answer: **b**. The small intestines of a full grown adult are about 23 feet long if they are stretched out!)

Question 6.

What is peristalsis?

- a) Chewing
- b) Spitting
- c) Swallowing
- d) Vomiting
- e) None of the above

(Answer: **c**. The process where muscles push food down your oesophagus is called peristalsis. This is an involuntary movement – you cannot feel it or control it!)

Question 7.

The pH of your stomach is?

- a) Acidic
- b) Alkaline
- c) Basic
- d) Neutral
- e) Zero

(Answer: **a**. The pH of your stomach is about pH 4 although this can drop to lower pH levels when you eat. Your stomach acids help to break down the food you eat and can kill some types of bacteria that you may have ingested with your food.)

Question 8.

Your blood transports...?

- a) Nutrients
- b) Oxygen
- c) Immune system cells
- d) None of the above
- e) All of the above

(Answer: **e**. Your blood carries oxygen in the red blood cells, nutrients to all the cells of your body and carries cells like Luke O'Cyte, a white blood cell, to find and fight off any invaders!)

Question 9.

Arteries carry blood to the heart? True or false?

(Answer: False – arteries carry blood away from your heart. This blood is bright red because it is oxygenated (carrying oxygen)!).

Question 10.

Veins carry blood to the heart? True or false?

(Answer: True. Veins carry blood to your heart. This blood does not contain oxygen and is a dark blue or purple colour!)

Question 11.

Capillaries transport oxygen & nutrients to your body's cells! True or false?

(Answer: True. Capillaries are so thin that oxygen and other nutrients can pass through them. In this way, oxygen is transported from your blood to the cells in your body and waste products like carbon dioxide are removed!)

Question 12.

Your circulatory system is made up of...?

- a) Your heart
- b) Your blood
- c) Arteries & veins
- d) Capillaries
- e) All of the above

(Answer: e. Your circulatory system is made up of the heart, blood and blood vessels. Your heart pumps blood through your arteries, veins and capillaries to transport oxygen and nutrients to every cell in your body and to remove waste products like carbon dioxide. Your white blood cells also help to find and destroy any microbe invaders!)

Question 13.

Only veins contain valves? True or false?

(Answer: True! Veins carry blood back to your heart from the rest of your body. The valves act like little doors that shut to ensure that blood only flows in the right direction!)

Question 14.

Platelets are sticky? True or False?

(Answer: True. Platelets stick together wherever you have a cut and form a scab that allows your cut to heal. When the cut has healed, the scab falls off by itself!)

Question 15.

White blood cells...?

- a) Transport oxygen
- b) Transport nutrients
- c) Fight invaders
- d) All of the above
- e) None of the above

(Answer: **c**. White blood cells like Luke O'Cyte (Leukocytes) are part of your immune system. They help to find and fight invaders and keep you healthy!)

Question 16.

Red blood cells....

- a) Have haemoglobin
- b) Carry oxygen
- c) Have iron
- d) None of the above
- e) All of the above

(Answer: **e**. The haemoglobin in your red blood cells has iron that is bright red when the red blood cell is carrying oxygen and a dark blue or purple colour when the oxygen has been passed on to your cells!)

Question 17.

Antibodies can only fight their own specific invader - True or false?

(Answer: True. Every time your body meets a new invader, your body makes a new antibody. If you meet that same invader again, your body is already waiting and you are less likely to get sick!)

Question 18.

How many senses do you have?

- a) 3
- b) 4
- c) 5
- d) 6
- e) 7

(Answer: **c**. Your 5 senses are sight, smell, sound, taste and touch.)

Question 19.

Your ears help you to balance! True or false?

(Answer: True. Small canals called the *semi-circular canals* in your inner ear help you to keep your balance!)

Question 20.

If you hold your nose, you cannot taste food? True or false?

(Answer: True. You need both the taste buds on your tongue and your sense of smell to taste food or drinks properly.)