

**Digestive Adventure Worksheet for Food Paths**

*(Hint: Do the Building Your System, Inside Story and Food Paths first and then answer the worksheet.)* Part 1: Identify what food nutrients are present in the five meal choices given. Use check marks (✓) in the table.

|               | Nutrients, etc |          |             |       |         |
|---------------|----------------|----------|-------------|-------|---------|
|               | Milk           | Broccoli | Fruit Juice | Pasta | Chicken |
| Protein       |                |          |             |       |         |
| Fat           |                |          |             |       |         |
| Sugar         |                |          |             |       |         |
| Vitamins      |                |          |             |       |         |
| Carbohydrates |                |          |             |       |         |
| Minerals      |                |          |             |       |         |
| Water         |                |          |             |       |         |
| Fiber         |                |          |             |       |         |

Part 2: Questions..these mostly go in order of the foods above.

|     | QUESTIONS  | ANSWERS |
|-----|--|---------|
| 1.  | Where does protein BEGIN to be digested?   |         |
| 2.  | Where is protein absorbed?   |         |
| 3.  | Where do minerals and vitamins get absorbed to the bloodstream?                        |         |
| 4.  | Where does fat get broken down?  |         |
| 5.  | What is secreted from the liver to help break down fat?                                |         |
| 6.  | What happens to excess fat that is not needed?   |         |
| 7.  | Where is water removed from food?  |         |
| 8.  | Fiber is moved along the large intestine by what?                                      |         |
| 9.  | Is fiber digested?   |         |
| 10. | Sugar is absorbed into the bloodstream where?  |         |
| 11. | Sugar provides what?   |         |
| 12. | Where do carbohydrates (pasta) begin to be broken down?                                |         |
| 13. | Where is the second place where carbohydrates (pasta) continue to be broken down?      |         |
| 14. | Where are the carbohydrates absorbed?  |         |
| 15. | What kind of energy (quick burst or lasting) do carbohydrates (pasta) give?            |         |
| 16. | The organ after the large intestine is?  |         |
| 17. | Nutrients in protein are used for what?<br>energy                      repair/replace? |         |
| 18. | Food in the large intestine is referred to as what?                                    |         |