

**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? energy                      repair/replace?	
18.	Food in the large intestine is referred to as what?	