



CHAPTER 32

DIGESTIVE AND EXCRETORY SYSTEMS

Chapter Test A

Multiple Choice

Choose the letter of the best answer. (15 credits)

- _____ 1. Which nutrient is required for nearly every chemical reaction in every cell in your body?
 - a. vitamin B₆
 - b. calcium
 - c. water
 - d. protein

- _____ 2. Which of the following foods is a good source of lean protein?
 - a. fish
 - b. grains
 - c. potatoes
 - d. oranges

- _____ 3. Which of the following vitamins is vital for maintaining healthy cartilage and bone?
 - a. vitamin K
 - b. vitamin C
 - c. folic acid
 - d. B vitamins

- _____ 4. Which nutrient is your body's main source of energy?
 - a. animal proteins
 - b. carbohydrates
 - c. saturated fats
 - d. B vitamins

- _____ 5. Figure 32.1 shows the label from a carton of yogurt. How many Calories per serving are from fat?

Nutrition Facts	
Serving Size 1 Container	
Amount Per Serving	
Calories 130	Fat Cal 15
Total Fat 1.5g	2%
Sat Fat 1g	5%
<i>Trans Fat 0g</i>	
Cholest 5mg	2%
Sodium 95mg	4%
Total Carb 25g	8%
Dietary Fiber 2g	8%
Sugars 22g	
Protein 6g	12%
Vitamin A 0%	Vitamin C 0%
Calcium 25%	Iron 0%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

FIG. 32.1

- a. 2
 - b. 15
 - c. 65
 - d. 130
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- _____ 6. Which of the following types of food should be eaten in limited quantities?
 - a. fruits
 - b. fish
 - c. fats
 - d. grains

 - _____ 7. Suppose you were eating an apple. Digestion of the apple would begin in your
 - a. mouth.
 - b. stomach.
 - c. duodenum.
 - d. jejunum.

CHAPTER TEST A, CONTINUED

- _____ 8. Smooth muscle contractions that push food through the digestive system are called
- peristalsis.
 - dialysis.
 - diffusion.
 - excretion.

- _____ 9. What is the function of the structures in Figure 32.2?

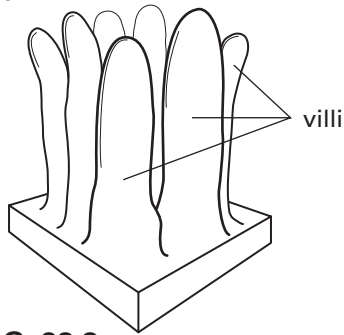


FIG. 32.2

- excretion
 - absorption
 - filtration
 - digestion
- _____ 10. The large intestine is one site for the absorption of
- fiber.
 - sugars.
 - water.
 - fats.
- _____ 11. Which phrase best describes absorption?
- takes up nutrients
 - breaks down fats
 - starts in the mouth
 - acts mechanically

- _____ 12. Which of the following functions is performed by the liver?
- balances fluids
 - produces bile
 - absorbs sugars
 - distributes fats
- _____ 13. What is the term for the millions of blood-filtering units inside the kidney?
- nephrons
 - ureters
 - cortexes
 - medullas
- _____ 14. The main role of the skin in the excretory system is to release
- amino acids and glucose.
 - urea, plasma, and water.
 - excess water and salt.
 - surplus CO₂ and H₂O.
- _____ 15. Which of the following functions is performed by the kidneys?
- eliminate solid waste
 - absorb most nutrients
 - maintain proper pH
 - digest food and water