

# **Nutrition Final Exam Study Guide**

The mouth accomplishes all of the following EXCEPT:

Mastication of large food substances.

Breaks apart fiber to release nutrients in some foods.

Release of salivary amylase to break down long sugar chains into shorter ones. -

All of these are correct.

Which portion of the GI tract ensures that you do not literally "inhale" your food? -  
Epiglottis

What are protein molecules that accelerate the rate of chemical reactions. -  
Enzymes

After water-soluble nutrients are absorbed in the intestine, they are carried to the \_\_\_\_\_ via the \_\_\_\_\_.  
Liver; Hepatic portal vein

Chewing is an important digestive function because it improves the functionality of: -  
Enzymes

Formation of Chyme occurs in which part of the GI tract? -  
Stomach

Coordinated muscular contractions that move food through the GI tract are called: -  
Peristalsis

The stomach secretes gastric juices to break down food. Gastric juice consists of all the following EXCEPT: -  
Bile acids

The \_\_\_\_\_ layers of stomach muscle function to mix and churn stomach contents. -  
three layers

Once stomach digestion is complete, the substance that empties into the small intestine is called: -  
Chyme

Which of the following organs is responsible for producing bile? -  
Liver

Muscular contractions of the small intestine that pushes digested food against the intestinal wall, promoting absorption, is called: -  
Segmentation

The first 12 inches of small intestine is called the: -  
Duodenum

# Nutrition And Wellness Final Exam Study Guide

**S Marginson**

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University of Iowa. Center for Credit Programs,1999 **The Myth of the Perfect Girl** Ana Homayoun,2012-12-31 New insights and practical solutions for overworked and stressed out girls and their parents In today s achievement culture many girls seem to be doing remarkably well excelling in honors and sports and attending top colleges in ever greater numbers but beneath the surface girls are stressed out and stretched too thin as they strive to be perfect In their efforts to juggle schoolwork and extracurriculars family life and social lives friends and frenemies as well as relationships online and IRL in

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