

B7 – Digestion and Lifestyle Core Questions

1	What is digestion?	The breakdown of large molecules into smaller molecules which can be absorbed by the body
2	What organs are part of the digestive system?	Mouth, Oesophagus, Stomach, Small intestine, Large Intestine, Rectum, Anus
3	What role does the mouth play in digestion?	Mastication (chewing) – physically breaking up food
4	What role does the oesophagus play in digestion?	Food travels down it from the mouth to the stomach
5	How does food move through the digestive system?	Peristalsis – muscular contraction behind the food
6	What is peristalsis?	A muscular contraction behind food
7	What role does the stomach play in digestion?	Covers the food with enzymes and hydrochloric acid and churns the food.
8	What are enzymes?	Biological catalysts that break down food
9	What is a catalyst?	A substance that helps a chemical reaction happen
10	What are three types of enzymes involved in digestion?	Carbohydrases, Proteases and Lipases
11	What reaction do carbohydrase enzymes catalyse?	Carbohydrates breaking down into sugars
12	What reaction do protease enzymes catalyse?	Proteins breaking down into amino acids
13	What reaction do lipase enzymes catalyse?	Lipids (fats and oils) breaking down into fatty acid and glycerol
14	Why does the stomach make hydrochloric acid?	To kill harmful bacteria
15	What occurs in the small intestine?	Absorption of nutrients into the blood
16	How is the small intestine adapted to maximise absorption?	The wall has villi and microvilli to increase the surface area, good blood supply
17	What occurs in the large intestine?	Water is absorbed into the blood
18	What is the role of the rectum?	To store faeces (waste)

19	What is the role of the anus?	Muscular ring that faeces pass through to be excreted.
20	What is health?	Your health is a state of physical and mental well-being
21	What is a disease?	A biological state that impacts how the body works
22	What is a pathogen?	A disease causing microorganism
23	What types of organisms are pathogens?	Bacteria, viruses, fungi and protists
24	What are communicable diseases?	Diseases that are passed from one person to another by pathogens
25	What are non-communicable diseases?	Diseases that cannot be passed from one person to another
26	Apart from disease, what three factors can affect health?	Lifestyle, life experience and genetic disposition
27	What are risk factors?	Factors in a person's life that can affect their health negatively
28	What is your diet?	The food you eat.
29	What is a healthy diet?	A diet that contains the correct amount of different nutrients and energy.
30	What is obesity?	When people are overweight
31	What is in tobacco smoke?	Nicotine, tar and carbon monoxide
32	What does nicotine do to the body?	It is addictive and can increase the heart rate.
33	What does tar do to the body?	It can cause cancer, and stop the cilia working leading to infections
34	What does carbon monoxide do to the body?	It prevents your blood carrying oxygen
35	What is "drinking alcohol"?	A compound called ethanol.
36	What is the effect of alcohol on the body?	It can cause brain and liver damage, and can damage unborn babies.