

Body Atlas

The Food Machine

1. _____ is the starting point for everything that happens in our bodies.
2. Digesting our food takes _____ % of our daily energy requirements.
3. _____ % of our energy is expended in keeping the body idling, running the processes that keep us alive.
4. _____ % of our energy output is left for all of our activities during the day.
5. Food provides the essential _____ that keep us healthy.
6. _____ starts the food machine.
7. As we swallow, a reflex action keeps us from _____.
8. The _____ _____ is raised, preventing food from going back up into the nose.
9. The _____ bends backward to close off the larynx, the air passage to the lungs.
10. The food is steered into the _____, a muscular tube with a lining.
11. Waves of contraction in the esophagus are called _____.
12. Three pairs of salivary glands produce _____ pints of saliva every day.
13. The function of saliva is to _____ the food and make it easier to swallow.
14. _____ begins the breakdown of food
15. The mouth is filled with 32 _____ designed to mill, cut, and tear.
16. _____ is the hardest substance in the body.
17. Saliva contains 2 enzymes. One enzyme breaks down starch molecules into _____.
18. The mouth full of food or _____ is squeezed down the esophagus.
19. The _____ is a food processor that pulverizes what we eat.
20. The maximum capacity of the stomach is _____ pints.
21. _____ coats the stomach walls and protects it from self destruction
22. The stomach lining pours out almost one gallon of _____ _____ a day.
23. _____ destroys many of the harmful bacteria, which find homes on our food.

24. Energy is measured in _____.
25. Peristalsis moves chyme from the stomach to the _____.
26. Finger-like projections called _____ increase the surface area for absorbing nutrients in the small intestine.
27. Glucose and _____ are the building blocks for carbohydrates and proteins.
28. Our bodies need only _____ (number) different nutrients.
29. _____ is responsible for the health of bones, gums, and teeth.
30. Meat and dairy products contain _____, _____, and _____ for healthy nails, skin, and hair.
31. Cereals contain indigestible materials called _____, which helps to keep food moving through the intestine.
32. Everyday the liver produces 2 pints of green liquid called _____, which aids in breaking down fats.
33. Nerves in the intestine wall trigger the pancreas to manufacture an alkaline liquid, which neutralizes _____.
34. The _____ is the largest organ in the body.
35. From the small intestine, chyme travels to the _____ for the final stage of digestion.
36. _____ makes up 60% of the human body.
37. _____ (number) of the water in chyme is extracted by the large intestine.
38. Blood vessels in the intestine wall soak up _____ (number) pints of water a day.
39. The large intestine forces its contents into the _____, the end of the journey through the digestive tract.
40. The final stage of digestion is _____, or ridding the body of waste.