Name:_________________ Class: 8 Section:_____ Date:_____________

Q.1: Choose the best answer:

i) The enzyme that breaks down fats into fatty acids and glycerol is_________.
   a) carbohydrase
   b) lipase
   c) protease
   d) sucrase

ii) A deficiency of vitamin C in the diet causes a disease called_________.
    a) Anaemia
    b) Scurvy
    c) Rickets
    d) Goiter

iii) Gastric juice contains ____________.
    a) Sulphuric acid
    b) Nitric acid
    c) Hydrochloric acid
    d) Carbonic acid

iv) When we add some Biuret solution to a food containing protein, the solution will change from
    a) Light blue to green
    b) Light blue to purple
    c) Light blue to dark blue
    d) Light blue to purple

v) Milk is a rich source of the following nutrients except ___________.
    a) iron
    b) calcium
    c) protein
    d) carbohydrate

Q.2 Match the food problems to the damage they do in the body.

<table>
<thead>
<tr>
<th>DIET PROBLEM</th>
<th>DAMAGE IN BODY</th>
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<tbody>
<tr>
<td>High fat and sugar diet</td>
<td>Can leads to obesity</td>
</tr>
<tr>
<td>High salt diet</td>
<td>Not enough vitamins to keep body fit</td>
</tr>
<tr>
<td>A diet with no fruits or vegetables</td>
<td>Can cause increase in blood pressure</td>
</tr>
</tbody>
</table>

Q.3 Write a sentence to explain the word ‘digestion’.
Q.4 Explain why:
   a) Eating breakfast can actually help you to lose weight.
   b) Molecules need to be broken down before they get into the body.
   c) We need water in our diet.

Q.5 The diagram shows the human digestive system.

Which of the parts labeled above does each of these jobs?

i) Absorbs water
   ____________________

ii) Produces bile
    ____________________

iii) Contains hydrochloric acid
     ____________________

iv) Absorbs digested food
    ____________________