

What is Digestion and How Do Digestive Enzymes Work?

Worksheet

Digestion breaks food into absorbable nutrients using digestive enzymes such as amylase (carbohydrates), pepsin (proteins), and lipase (fats), each working best in a specific part of the digestive tract.

Questions

1. Which enzyme breaks down starch?
 - A) Pepsin
 - B) Amylase
 - C) Lipase
 - D) Trypsin
2. Where does protein digestion mainly begin?
 - A) Mouth
 - B) Stomach
 - C) Small intestine
 - D) Large intestine
3. What does lipase break fats into?
 - A) Amino acids
 - B) Simple sugars
 - C) Fatty acids and glycerol
 - D) Starch
4. What helps activate pepsin in the stomach?
 - A) Bile
 - B) Stomach acid (HCl)
 - C) Saliva
 - D) Insulin
5. A slice of bread contains starch. Which enzyme starts breaking it down, and where?
6. A piece of chicken (protein) is eaten. Which enzyme breaks it down, and where?
7. A meal contains 60 g of fat. Which enzyme digests it, and what does it produce?
8. Define: What is digestion?
9. Define: What does amylase digest?
10. Define: What does pepsin digest?

Answer Key

1. B) Amylase - Amylase, found in saliva and pancreatic juice, breaks starch into sugars.
2. B) Stomach - Pepsin in the stomach starts breaking proteins into peptides.
3. C) Fatty acids and glycerol - Lipase splits fats into fatty acids and glycerol for absorption.
4. B) Stomach acid (HCl) - Hydrochloric acid converts pepsinogen into active pepsin.
5. Starch is a carbohydrate Salivary amylase begins breaking it into smaller sugars in the mouth
6. Protein digestion starts in the stomach Pepsin, activated by stomach acid (HCl), breaks proteins into smaller peptides
7. Fats are digested mainly in the small intestine Lipase (helped by bile) breaks fat into fatty acids and glycerol for absorption
8. The process of breaking food into smaller molecules the body can absorb.
9. Carbohydrates/starch, starting in the mouth.
10. Proteins, in the acidic environment of the stomach.

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