

**McGraw-Hill Science © 2000, Texas Edition
TAKS Practice Test**

Grade 3, Chapter 14

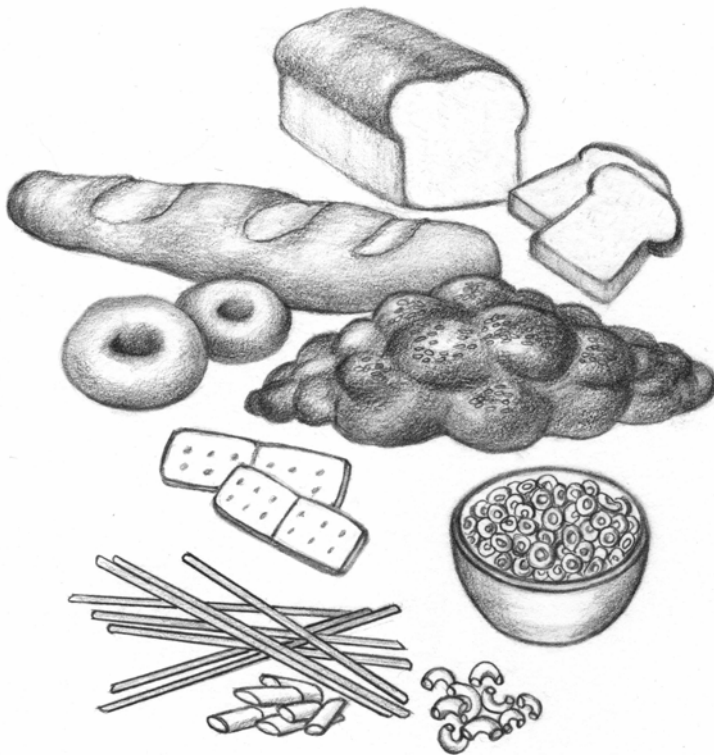
Nutrition and Digestion

Name _____

Date _____

- 1** Digestion is the process of _____.
- A** breaking down food
 - B** using food for energy
 - C** cutting and mashing food in the mouth
 - D** preparing food to eat
- 2** Where does digestion begin?
- F** Mouth
 - G** Esophagus
 - H** Stomach
 - H** Outside the body
- 3** What process takes place in the small intestine?
- A** Acid helps digest food
 - B** Fibers are added to the food
 - C** Nutrients pass into the blood
 - D** Saliva breaks down food
- 4** How can you help your large intestine do its job?
- F** Eat meat, which is high in carbohydrates
 - G** Eat sweets, which are high in fiber.
 - H** Eat fruits and vegetables, which are high in fiber.
 - J** Eat only well-cooked food.

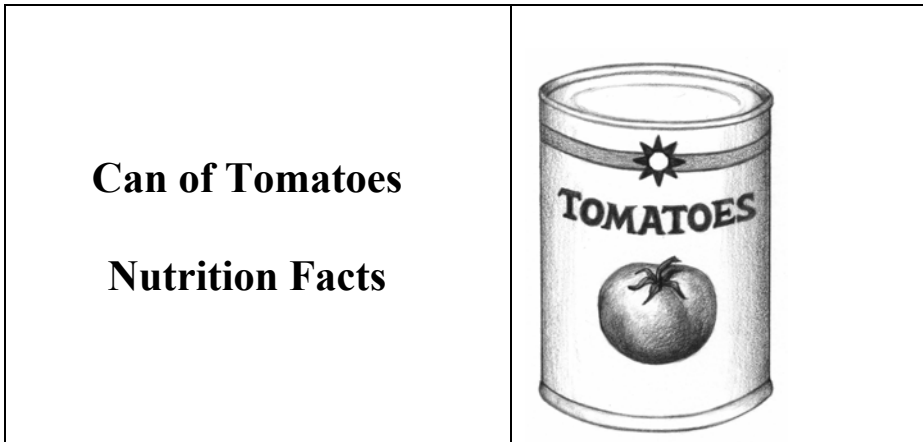
- 5** What is one reason why you should chew your food slowly and swallow carefully?
- A** To keep your teeth clean
 - B** To strengthen the acid in the stomach
 - C** To keep food from “going down the wrong pipe”
 - D** To add carbohydrates and protein to the food.



- 6** Bread, pasta, and cereal all are mostly which kind of nutrient?
- F** Carbohydrates
 - G** Fats
 - H** Proteins
 - J** Iron and Vitamin C.

- 7** Which of these foods are good sources of protein?
- A** Bread, pasta, and cereal
 - B** Meat, milk, cheese, nuts, and beans
 - C** Potato chips and other snack foods
 - D** Apples, bananas, and other fruits.
- 8** What single food, if any, can give you all the vitamins and minerals you need to be healthy?
- F** Milk
 - G** Beans
 - H** Apples
 - J** No single food gives all the vitamins and minerals.
- 9** You might eat harmful germs along with your food! What is one way that the body kills these germs?
- A** Teeth grind up the germs.
 - B** Taste buds make acid that kills the germs.
 - C** The stomach makes acid that kills the germs.
 - D** The large intestine makes acid that kills the germs.

Use the illustration and chart to answer Questions 10 and 11



Serving size: 120 grams
Calories per serving: 30
 Calories from Fat: 0

	Amount per serving	Percent Daily Value per serving
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	460 mg	19%
Total Carbohydrate	6 g	2%
Dietary Fiber	1 g	4%
Sugars	5 g	
Protein	1 g	
Vitamin A	-	6 %
Vitamin C	-	25%
Calcium	-	6 %
Iron	-	2 %

- 10** A serving of tomatoes would best help your body meet its daily need for _____.
- F** Carbohydrates
 - G** Vitamin A
 - H** Vitamin C
 - J** Iron
- 11** A boy eats two servings of tomatoes. The mass of each serving is 120 grams. About how many grams of sugars has he eaten?
- A** 3 grams
 - B** 5 grams
 - C** 7 grams
 - D** 10 grams
- 12** Where is water in the human body?
- F** Only Inside cells
 - G** Only in the fluids outside cells
 - H** Only in blood, sweat, tears, and saliva
 - J** Inside and outside cells, and in all body fluids.
- 13** What body part let you know if food is salty, sour, sweet, or bitter?
- A** Epiglottis
 - B** Taste buds
 - C** Teeth
 - D** Esophagus

ANSWER KEY and CORRELATIONS:

Question	Answer	McGraw-Hill Science
1	A	p. 422
2	F	p. 423
3	C	p. 425
4	H	p. 426
5	C	p. 428
6	F	p. 412
7	B	p. 416
8	J	p. 414
9	C	p. 424
10	H	p. 415
11	D	p. 415
12	J	p. 414
13	B	p. 423