Name: Date: Score: / 8

Digestive Enzymes: Learn and Practice

The helpers that break food into tiny pieces

Read each question. Circle the best answer.

💡 Digestive Enzymes

- Enzymes are proteins that speed up chemical reactions in the body.
- Digestive enzymes break big food molecules into small ones the body can absorb.
- Each enzyme works on one kind of food molecule.
- starch with amylase from saliva: sugar

1 👄 Which liquid made in your mouth starts breaking down starch?

A. Stomach acid B. Saliva C. Blood D. Bile

2 🍞 The enzyme amylase breaks starch into what?

A. Fats B. Minerals C. Proteins D. Sugars

3 Where does chemical digestion with enzymes first begin?

A. In the lungs B. In the large intestine

C. In the heart D. In the mouth

4 In which organ are most nutrients absorbed into the blood?

A. Stomach B. Small intestine

C. Large intestine D. Mouth

5 What is an enzyme?

A. A vitamin in fruit

B. A protein that speeds up reactions

C. A kind of germ D. A type of bone

6 Why does your body break food into small molecules?

A. So food tastes better B. So food weighs more

C. So bones grow longer

D. So they can pass into the blood

7 Lipase is an enzyme that breaks down which kind of food molecule?

A. Proteins B. Starch C. Fats D. Fibre

8 Which enzyme in the stomach starts breaking down proteins?

A. Lipase B. Lactase C. Amylase D. Pepsin

✏️ Explain it! Write two facts you learned about digestive enzymes.

ANSWER KEY

Digestive Enzymes: Learn and Practice (answers)

The helpers that break food into tiny pieces

Read each question. Circle the best answer.

1 👄 Which liquid made in your mouth starts breaking down starch?

A. Stomach acid **B. Saliva** C. Blood D. Bile

Saliva contains the enzyme amylase, so digestion starts the moment you chew.

2 🍞 The enzyme amylase breaks starch into what?

A. Fats B. Minerals C. Proteins **D. Sugars**

Starch is a long chain of sugars. Amylase snips it into smaller sugar pieces.

3 Where does chemical digestion with enzymes first begin?

A. In the lungs B. In the large intestine

C. In the heart **D. In the mouth**

Enzymes in saliva start working on food as soon as it enters your mouth.

4 In which organ are most nutrients absorbed into the blood?

A. Stomach **B. Small intestine**

C. Large intestine D. Mouth

The small intestine is long and lined with tiny folds, giving lots of surface to absorb nutrients.

5 What is an enzyme?

A. A vitamin in fruit

B. A protein that speeds up reactions

C. A kind of germ D. A type of bone

Enzymes are proteins that make chemical reactions happen much faster, without being used up.

6 Why does your body break food into small molecules?

A. So food tastes better B. So food weighs more

C. So bones grow longer

D. So they can pass into the blood

Big food molecules cannot get through the intestine wall. Small ones can enter the blood and reach cells.

7 Lipase is an enzyme that breaks down which kind of food molecule?

A. Proteins B. Starch **C. Fats** D. Fibre

Lipase breaks fats into smaller parts the body can absorb. Lip is a clue that means fat.

8 Which enzyme in the stomach starts breaking down proteins?

A. Lipase B. Lactase C. Amylase **D. Pepsin**

Pepsin works in the stomach to break proteins into smaller chains. Nicely done!