

APPARATUS INVOLVED IN NUTRITION

NAME AND SURNAME:

Digestive system

1. **Complete the text using the following words** (chemical, bolus, insalivation, peristalsis, anus, saliva, digestive system) **to describe the nutrition process.**

- Ingestion is the entrance of food into the _____ through the mouth
- There are four different types of digestion, which are _____ digestion, mechanical digestion, _____ digestion and intestinal digestion.
- The tongue starts mixing the food with _____ to form the _____. This ball moves to the stomach by _____
- The evacuation process is under voluntary control. The faeces are stored in the rectum until they are expelled through the _____

2. **Complete the text, about the digestive system, using the following words:**

Stomach, respiratory, gland, tongue, nutrients, bile, small.

- The _____ is a muscle organ in our mouth. It helps us separate food.
- The pharynx is a common organ of the digestive and _____ systems. It communicates the mouth with the _____
- Another part of the digestive tube is the _____ intestine, where most of the _____ is absorbed.
- The liver is a _____ whose main function is to secrete _____

3. **Match each disease with its definition**

Diseases	Definition
1. Gastritis	a. They are wounds in the walls of the organs in the digestive system
2. Caries	b. Inflammation of the liver
3. Constipation	c. Produced by bacteria on the hard areas of the teeth
4. Ulcers	d. Irritation of the stomach wall causing pain
5. Hepatitis	e. Disorder of the egestion process.

Respiratory system

4. Find the unrelated word in each group and underline it

- | | |
|--|--|
| a. Flu, Lungs, Bronchitis, Trachea, Intestine | d. Inspiration, Liver, Expiration, Diaphragm, Ribs |
| b. Larynx, Heart, Nostrils, Pharynx, Alveoli | e. Cold, Bronchitis, Flu, Asthma, Lungs |
| c. Ear, Bronchial tree, Lungs, Trachea, Larynx | |

5. Match each part of the respiratory system with its function.

Parts	Function
1. Nose	a. Spongy organs which contains the bronchial tree.
2. Pharynx	b. Gas exchange takes place here
3. Larynx	c. Composed of two cartilaginous tubes which enter the lungs.
4. Trachea	d. Cavities located above the mouth which warm, humidity and clean the air as it enters the body
5. Bronchial tree	e. Common tube shared with the digestive system
6. Alveoli	f. It contains the epiglottis
7. Lungs	g. It connects the larynx with the lungs

6. Complete the text, about recommendation to prevent respiratory diseases, using the following words:

Hands, smoke, exercise, ventilation, temperature, cancer, hygiene, gases, nose, flu.

- a. Breathe through the _____: this facilitates the removal of airborne microbes.
- b. Avoid sudden changes in _____: this helps prevent colds and hoarseness
- c. Stay away from areas with irritants or toxic _____.
- d. Don't _____: this increases lung _____.
- e. Maintain Good _____: washing your _____ regularly helps prevent _____ infections.

7. Decide whether these sentences are true or not.

- a. When we breathe in, the diaphragm relaxes and the lungs expand.
- b. When we breathe out, the air we expel contains a lot of carbon dioxide.
- c. The trachea connects the pharynx to the lungs.
- d. Oxygen passes from the alveoli into the blood, which distributes the oxygen.
- e. Most diseases of the respiratory system are not caused by virus or bacteria.

Circulatory system

8. Read the following description. Classify them as cardiovascular (CF) or lymphatic function (LF).

- | | |
|---|---|
| a. It collects excess interstitial fluid: | d. It collect fats absorbed in the small intestine: |
| b. White blood cells have a defensive function: | e. It maintain body heat: |
| c. It transport nutrients and oxygen through blood vessels: | f. It collect excess plasma: |

9. Match the types of cells found in blood with their function

Types of cells	Functions
1. Red blood cells	a. They are responsible for blood coagulation
2. White blood cells	b. They transport oxygen
3. Platelets	c. They protect our organism

10. Complete these sentences with the following words: Veins, mitral, smallest, tricuspid, thick.

- Arteries have _____ outer walls
- _____ go from all organs back to the heart
- Capillaries are the _____ blood vessels
- The _____ valve is on the right side of the heart, and the _____ is on the left.

11. Match one sentence of the first column, with the related sentence on the second column

Digestive system is made up of	Capillaries, vessels and nodes
The respiratory system is made up of	Kidneys, nephrons and urinary tract
The circulatory system is made up of	Digestive tract and glands
The lymphatic system is made up of:	The blood vessels and the heart
The excretory system is made up of	Respiratory tract

12. Write the names of heart's valves:

Urinary system

13. Put in order the stages in the formation of urine

- _____ Waste substances with water from urine, which is expelled from the kidneys through the ureters
- _____ Blood filtration takes place in the glomerulus
- _____ The filtered liquid goes to the kidney tube where substance reabsorption takes place

14. Match each disease of the urinary system with its definition.

Definition	Diseases
1. Inflammation of the bladder	a. Renal colic
2. An obstruction of the ureters	b. Cystitis
3. Involuntary loss of urine	c. Renal failure
4. A severe kidney malfunction	d. Incontinence

15. IN YOUR NOTEBOOK, Make a list with 30 significant words of these units, and their meaning.