

# What is Digestion

## 1. True or False:-

- A. Breaking down of the food into smaller pieces in called Digestion.
- B. We need food to grow?
- C. Changing of food into a simpler form is called Digestion.
- D. The digested food is absorbed by the blood in the liver.
- E. Food we eat directly absorbed by the body.

## 2. Fill in the blanks.

- A. \_\_\_\_\_ is the complex process of turning the food you eat into nutrients.
- B. \_\_\_\_\_ we cannot digest directly.
- C. We should not eat \_\_\_\_\_ food.
- D. \_\_\_\_\_ is good for health.

**3. Answer the following questions:-**

A. How does food break down?

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B. What is digestion?

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C. Why do we eat food?

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D. Where is digested food absorbed?

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