

Name:

Date:

Digestive system

Choose the correct options in the following.

1. This helps improve our digestive health.
 - a. eating high-fiber diet
 - b. eating high-fat diet
 - c. eating too much
2. Which of the following tends to slow down the digestive system?
 - a. fatty food
 - b. fruits and vegetables
 - c. grains
3. Which of the following keeps your digestive system healthy?
 - a. too much sugary food
 - b. probiotics
 - c. fast food
4. It is good for your digestive health.
 - a. drinking plenty of water
 - b. drinking plenty of coffee
 - c. drinking plenty of tea
5. It helps keep food moving through the digestive system and reduce constipation.
 - a. sitting idle
 - b. sleeping just after eating food
 - c. taking regular exercise
6. Drinking this much water daily keeps our excretory system healthy.
 - a. 2 glasses
 - b. 2–5 glasses
 - c. 8–10 glasses
7. It increases the chances of kidney stones.
 - a. drinking a lot of water
 - b. drinking a lot of caffeine
 - c. regular exercise.