# **The Digestive and Urinary Systems Comprehension Check**

1. What is the digestive system’s main purpose?
2. What are nutrients?
3. What is digestion?
4. Explain how the food we eat travels through the digestive system.
5. Describe how the stomach continues the digestive process using gastric juices.

1. What are the three main functions of the liver?
2. According to the text, why is it so important to wash your hands after using the restroom?
3. What is the urinary system’s main purpose?
4. Explain how waste moves through the urinary system before being removed from your body.
5. According to the text, what can you do to keep your digestive and urinary systems healthy?

# **The Digestive and Urinary Systems Comprehension Check Answer Key**

1. What is the digestive system’s main purpose?
   1. The digestive system serves the body by breaking down the food we eat into microscopic molecules that travel through our bloodstream to provide nutrients and other needed substances to the cells throughout our body.
2. What are nutrients?
   1. Nutrients are food substances that help the body grow. They include proteins, fats, carbohydrates, vitamins, and minerals.
3. What is digestion?
   1. Digestion is the process used by your body to break down food into nutrients. Digestion also involves the process of absorbing those nutrients so your body can use them.
4. Explain how the food we eat travels through the digestive system.
   1. Food first enters your digestive system through the mouth. Then it passes through a long tube called the esophagus and into the stomach. After being broken down in the stomach, food enters the small intestine where it is broken down even more. The liver and pancreas also play a role in digesting food. Food also passes through the large intestine. What cannot be digested is stored in the rectum until it is ready to exit the body through the anus.
5. Describe how the stomach continues the digestive process using gastric juices.
   1. Once food enters the stomach from the esophagus, it is broken down even further. The stomach fills with liquids that combine to make gastric juices. When the stomach muscles contract and relax, the gastric juices mix and churn with the food to break it down into smaller pieces. Gastric juices are also used to kill harmful microorganisms that can be found in food.
6. What are the three main functions of the liver?
   1. The liver has three main functions. First, it acts as a storage center for nutrients. Second, it is like a chemical factory because it can change some nutrients into other, needed substances. Finally, the liver is like a clean-up crew because it filters poisons and wastes from your bloodstream.
7. According to the text, why is it so important to wash your hands after using the restroom?
   1. According to the text, it is important to wash your hands after using the restroom because billions of bacteria live around the large intestine. Although some bacteria can be helpful in the digestive process, others can be harmful and make you sick. Washing your hands is a great way to kill any bacteria that might have transferred to your hands when using the restroom.
8. What is the urinary system’s main purpose?
   1. The urinary system’s main purpose is to excrete waste substances from the body. It focuses on getting rid of waste created by your cells as they use nutrients. This waste is released into the blood. Waste flows through the urinary system where the kidneys filter it into urine before removing it from the body.
9. Explain how waste moves through the urinary system before being removed from your body.
   1. Blood containing nutrient waste from cells enters the kidneys where it is filtered. The kidneys return some water and any important chemicals to the body and turn the remaining water and waste into urine. Next, this urine travels from the kidneys through the ureters and into the bladder. The bladder can expand to hold this urine until the body is ready to release it through the urethra.
10. According to the text, what can you do to keep your digestive and urinary systems healthy?
    1. According to the text, one of the best ways to support your digestive and urinary systems is to drink plenty of water. In addition, it is important to make sure you get enough dietary fibers from your meals. Eating healthy foods like vegetables is a great way to do this!