



Directed Reading for  
Content Mastery

## Key Terms

### Nutrients and Digestion

**Directions:** Use the following terms to complete the sentences below. You will not use all of the terms. You will use some of the terms more than once.

amino acids

peristalsis

carbohydrates

proteins

digestion

chemical digestion

enzymes

villi

vitamins

mechanical digestion

food group

minerals

nutrients

chyme

1. Eggs, milk, and cheese contain complete \_\_\_\_\_.
2. \_\_\_\_\_ is that watery material that results from digestion in the stomach.
3. Iron, potassium, and iodine are \_\_\_\_\_.
4. A \_\_\_\_\_ contains foods that have the same nutrients.
5. The teeth help break down food by \_\_\_\_\_.
6. In the stomach, hydrochloric acid breaks down food by the process of \_\_\_\_\_.
7. \_\_\_\_\_ takes place in the mouth, stomach, and small intestine with the help of chemicals called \_\_\_\_\_.
8. Proteins are made up of smaller building blocks called \_\_\_\_\_.
9. The muscle contractions that move food through the digestive tract are called \_\_\_\_\_.
10. \_\_\_\_\_ are tiny, fingerlike projections that cover the folds of your small intestine.
11. Chemical digestion is possible because of certain kinds of proteins called \_\_\_\_\_.
12. There are six kinds of \_\_\_\_\_ available in food.
13. Three types of \_\_\_\_\_ are sugar, starch, and fiber.