

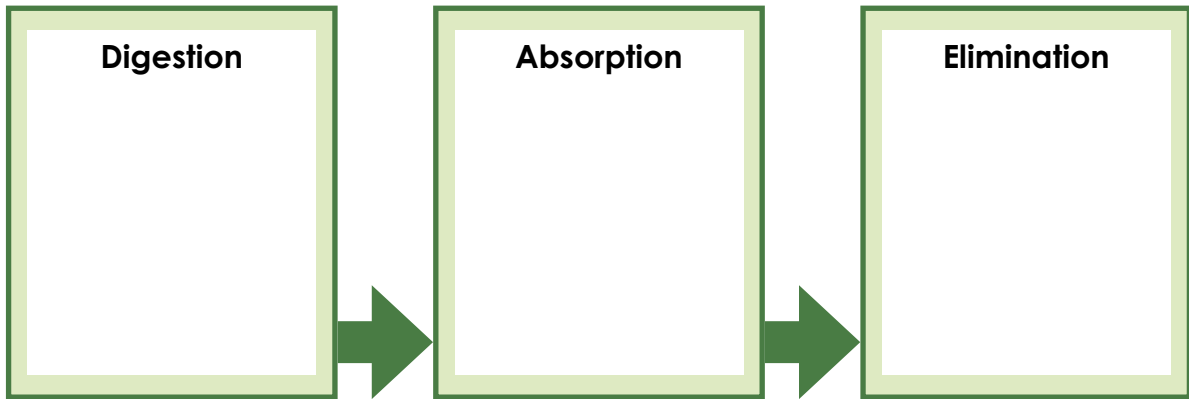
The Digestive System

1. Identify the major organs involved in digestion, and explain what each organ does to aid in digestion.

Major organ	What the organ does to aid in digestion

How Digestion Works

2. Describe digestion, absorption, and elimination.



Prebiotics and Probiotics

3. Compare and contrast prebiotics and probiotics.

Prebiotics	Probiotics

Short- and Long-Term Challenges to Digestive Health

4. Write the name of the digestive problem inside the following box where the description occurs.

A general feeling of stomach discomfort _____	When the movement of stool in the large intestine slows down _____	Small sores that occur inside your digestive tract _____
Swollen and painful veins in your anus and lower rectum _____	Runny stool from not fully absorbing liquid in your large intestine _____	

CHAPTER 4 Food and Your Health

Lesson 4.4

5. Label the digestive system challenges listed below as short-term or long-term.

Digestive System Challenges	Short- or Long-Term?
Lactose intolerance	
Constipation	
Ulcers	
Colon cancer	
Irritable bowel syndrome	
Hemorrhoids	
Diarrhea	
Colitis and Crohn's disease	
Heartburn	
Cirrhosis	
Vomiting	
Gas	
Indigestion	

The Urinary System

6. The primary purpose of the urinary system is filtering and cleaning. What are the organs that make up the urinary system? What are their functions?

Major organ	• Description of the organ's functions

7. Name three things that might go wrong with the urinary system.

1. _____
2. _____
3. _____

Maintaining Good Digestive and Urinary Health

8. Complete the following chart by indicating what can be done to maintain good digestive and urinary health.

