

**National Institute of Open Schooling**  
**Lesson 13 – Nutrition and Digestion**  
**Worksheet-13**

1. How are the proteins digested in our stomach? What will happens if excess proteins are taken in food?
2. Liver plays an important role in metabolic functions as well as clotting of blood in our body. Justify giving examples.
3. What happens when excess of amino acids is being absorbed from the intestine?
4. Sometimes we eat too much of sweets (sugar) and namkeen (salts) in our food. How does our body react with the excess sugar and salt intake? Explain in brief.
5. Give two point differences between the following pairs of nutrition. Also give suitable examples with the answers.
  - (a) Autotrophic and heterotrophic nutrition
  - (b) Saprotrophic and parasitic nutrition
  - (c) Intracellular and extracellular digestion
  - (d) Ingestion and egestion.
6. Name the pigments that impart yellowish green colour to the bile. What is the source of these pigments and what happens to them at the end?
7. How does our liver deal with the excess amino acids? Explain in brief.
8. How does pancreatic juice help in the process of digestion? Is this process assisted by an enzyme? Explain.
9. Where does the maximum absorption of water occur in human alimentary canal? Give reasons in support of your answer.
10. Where does intracellular digestion take place in amoeba? Explain the process.