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| **STEPS TO WELLNESS**  Review Questions  Lesson Five – Healthful Digestion | | | |
| T | F | (True or False) | |
|  |  | 1. | Digestion begins in the mouth with the saliva. |
|  |  | 2. | The hydrochloric acid and enzymes in the stomach are not affected by liquid with meals. |
|  |  | 3. | Our emotions play a significant role in digestion. |
|  |  | 4. | It is important to take time to eat and not be rushed |
|  |  |  |  |
| Multiple Choice Questions  *Indicate your answers by checking the letter you think is most correct* | | | |
| 5. | The stomach digests meals best when: | | |
|  | A. | Snacks are eaten between meals. | |
|  | B. | Spicy and rich foods are eaten. | |
|  | C. | Simple food eaten at regular times. | |
|  | D. | None of the above. | |
|  |  |  |  |
| 6. | The healthiest meal pattern is: | | |
|  | A. | A big breakfast, normal lunch and light supper. | |
|  | B. | A big breakfast and supper, and no lunch. | |
|  | C. | No breakfast, a light lunch and a big supper | |
|  | D. | None of the above | |
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