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| **STEPS TO WELLNESS**Review QuestionsLesson 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 |
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| 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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