



# Digestive System

## Focus Factor Worksheet

### Part 1: Fill in the Blank

1. Digestion begins in the \_\_\_\_\_, where chewing and saliva start to break down food.
2. The \_\_\_\_\_ nervous system in the gut is often called the “second brain.”
3. A healthy microbiome makes about \_\_\_\_\_% of the body’s serotonin.
4. \_\_\_\_\_ are live, beneficial bacteria found in foods like yogurt and kimchi.
5. The stomach uses strong \_\_\_\_\_ to break down proteins and kill pathogens.
6. The \_\_\_\_\_ intestine is where most vitamins and minerals are absorbed.
7. Vitamin \_\_\_\_\_ helps with blood clotting and is partly made by gut bacteria.
8. The liver produces \_\_\_\_\_ which helps digest fats.

### Multiple Choice:

What happens when you take synthetic lab-created vitamins?

- a) They store in fat for years
- b) They give instant energy
- c) The body may not recognize them, and your pee turns bright yellow
- d) They balance gut bacteria

Which of these is a fat-soluble vitamin?

- a) Vitamin C
- b) Vitamin D
- c) Vitamin B12
- d) Folate



Which of these harms the microbiome?

- a) Eating fermented foods
- b) Drinking enough water
- c) Too many antibiotics
- d) Walking after meals

Where is Vitamin B12 absorbed?

- a) In the mouth
- b) In the stomach
- c) In the ileum of the small intestine
- d) In the large intestine

**Short Answer:**

How does your mood or stress level affect your digestion? Give an example.

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What is one herb or natural food you could use to support your digestion, and how would it help?

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Think about your daily routine. What is one habit you could change to improve your gut health?

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