

Name \_\_\_\_\_

## Unlocking the Mystery: How Our Body Absorbs Nutrients from Digested Food

### Short Answer Key

1. Villi and microvilli increase the surface area of the small intestine, allowing for more efficient nutrient absorption by providing numerous sites for nutrients to enter the bloodstream.
2. Fats are transported from the small intestine to cells throughout the body in the form of chylomicrons, which are carried through the lymphatic system and eventually released into the bloodstream.
3. The lymphatic system plays a crucial role in the absorption of fats by transporting chylomicrons from the small intestine to the bloodstream.
4. Some vitamins, like vitamin B12, require intrinsic factor for efficient absorption because intrinsic factor helps protect the vitamin from degradation in the stomach and ensures it can be absorbed in the small intestine.
5. Dietary fiber is important for digestion because it adds bulk to stool, promotes regular bowel movements, and supports overall digestive health.

