

Name _____

What Happens to Matter When Food is Digested in Our Bodies?

Open-Ended Response Answer Key

1. Digestion is important because it turns food into energy and materials the body needs to grow and stay healthy.
2. If nutrients weren't absorbed, your body wouldn't get the energy or building blocks it needs, which could lead to illness.
3. Food changes form as it moves through the body—into nutrients, energy, or waste—but no part disappears.
4. A student might describe a burger turning into proteins and fats, which are used for muscle and energy, with some parts becoming waste.

