LEAVING CERTIFICATE DIGESTION PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://leavingcertdigestion.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

SAMPLE

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

SAMPLE

Questions

SAMPLE

1. Where are chylomicrons formed, and how do they reach the bloodstream?

A. Formed in enterocytes; transported directly into the portal vein

B. Formed in enterocytes; released into the bloodstream via the thoracic duct

C. Formed in enterocytes; transported into the lymphatic system via lacteals and then into the bloodstream via the thoracic duct

D. Formed in liver; released into the hepatic artery

2. The passage of digestion products from the intestine to the blood is called which process?

A. Digestion

B. Absorption

C. Ingestion

D. Egestion

3. What describes the function of brush border enzymes?

A. They are enzymes located on microvilli that complete digestion of carbohydrates and peptides

B. They are located in the stomach and secrete mucus

C. They transport fatty acids into the blood directly

D. They neutralize stomach acid

4. Which hormone inhibits gastric acid secretion and stimulates insulin release in response to glucose?

A. Secretin

B. GIP

C. Gastrin

D. Somatostatin

5. The hepatic portal vein carries blood from the alimentary canal to the …

A. Liver

B. Heart

C. Lungs

D. Spleen

SAMPLE

6. What is the pH of the stomach contents?

A. 3-4

B. 1-2

C. 6-7

D. 8-9

7. From which part of the digestive system does egestion occur?

A. Esophagus

B. Stomach

C. Rectum

D. Duodenum

8. Which of the following is a function of the liver other than the manufacture of bile?

A. Detoxification

B. Storage of fats

C. Hormone secretion

D. Filtration of red blood cells

9. Rennin in infants digests which substance?

A. Starch

B. Proteins

C. Milk

D. Fats

10. What acid is produced in the stomach?

A. Hydrochloric acid

B. Lactic acid

C. Acetic acid

D. Nitric acid

SAMPLE

Answers

SAMPLE

1. C
2. B
3. A
4. B
5. A
6. B
7. C
8. A
9. C
10. A

SAMPLE

Explanations

SAMPLE

1. Where are chylomicrons formed, and how do they reach the bloodstream?

A. Formed in enterocytes; transported directly into the portal vein

B. Formed in enterocytes; released into the bloodstream via the thoracic duct

C. Formed in enterocytes; transported into the lymphatic system via lacteals and then into the bloodstream via the thoracic duct

D. Formed in liver; released into the hepatic artery

Chylomicrons are formed in the enterocytes of the small intestine from dietary fats. Because they are large particles, they don't enter the tiny blood capillaries in the intestinal lining. Instead, they are released into the lymphatic system through the lacteals, the lymphatic capillaries in the villi. The lymph carries these chylomicrons to the thoracic duct, which drains into the bloodstream at the left subclavian vein. So, chylomicrons reach the bloodstream by first traveling through the lymphatic system, bypassing the hepatic portal vein, before entering systemic circulation.

2. The passage of digestion products from the intestine to the blood is called which process?

A. Digestion

B. Absorption

C. Ingestion

D. Egestion

Absorption is the process by which digestion products pass from the gut into the bloodstream. After food is digested, nutrients such as amino acids and simple sugars cross the intestinal lining through the cells that form the wall of the small intestine and enter the capillaries, traveling to the liver via the hepatic portal vein. Fats are absorbed in a slightly different route, entering the lymphatic system as chylomicrons before joining the bloodstream, but the overall idea is the same: moving digested nutrients from the intestine into the body. This step is separate from digestion (breaking down food), ingestion (taking food in), and egestion (eliminating waste).

3. What describes the function of brush border enzymes?

A. They are enzymes located on microvilli that complete digestion of carbohydrates and peptides

B. They are located in the stomach and secrete mucus

C. They transport fatty acids into the blood directly

D. They neutralize stomach acid

Brush border enzymes sit on the microvilli of the intestinal absorptive cells in the small intestine and carry out the final steps of digestion right at the surface. They finish breaking down carbohydrates by converting disaccharides into monosaccharides (glucose, galactose, fructose) and finish breaking peptides into amino acids, enabling absorption into the bloodstream. This is why they're described as finishing digestion just before absorption. They're not secreted in the stomach and don't secrete mucus, they don't move fatty acids directly into the blood, and they don't neutralize stomach acid.

SAMPLE

4. Which hormone inhibits gastric acid secretion and stimulates insulin release in response to glucose?

A. Secretin

B. GIP

C. Gastrin

D. Somatostatin

GIP, or gastric inhibitory peptide, is released by K cells in the small intestine when nutrients like glucose enter the gut. It has a dual action: it stimulates insulin release from pancreatic beta cells in a glucose-dependent way, helping the body handle the rise in blood glucose after a meal, and it inhibits gastric acid secretion to slow down the emptying of the stomach and protect the intestine from too much acid. This combination fits the prompt exactly—the hormone responds to glucose by boosting insulin and also dampens acid production. Secretin mainly stimulates pancreatic bicarbonate secretion to neutralize acid in the duodenum and isn't known for boosting insulin. Gastrin drives acid secretion from the stomach, not insulin release. Somatostatin broadly inhibits many secretions, including insulin and acid, so it wouldn't be the right match for both actions.

5. The hepatic portal vein carries blood from the alimentary canal to the …

A. Liver

B. Heart

C. Lungs

D. Spleen

Blood from the digestive tract travels through the hepatic portal system, delivering nutrient rich and potentially harmful substances to the liver for processing. The hepatic portal vein collects blood from the gut (and associated organs) and delivers it to the liver, where nutrients are stored or metabolized and toxins are detoxified before the blood re-enters the general circulation. This pathway highlights how the liver acts as a first-pass filter for substances absorbed from the alimentary canal. It doesn't go to the heart or the lungs directly, since those organs receive blood via the systemic and pulmonary circuits after the liver processes it. While the spleen drains into the portal system, the portal vein's destination is the liver, not the spleen.

6. What is the pH of the stomach contents?

A. 3-4

B. 1-2

C. 6-7

D. 8-9

The stomach contents are kept in a highly acidic environment, which is essential for digestion. This strong acidity activates the enzyme pepsin, which starts breaking down proteins, and it also helps denature food proteins and kill many ingested microbes. The lining is protected by a mucus layer and bicarbonate to prevent damage, and acid release is tightly regulated to maintain this very acidic setting. The other options describe environments that are too close to neutral or basic, where pepsin wouldn't be activated effectively and proteins wouldn't be digested as efficiently.

SAMPLE

7. From which part of the digestive system does egestion occur?

A. Esophagus

B. Stomach

C. Rectum

D. Duodenum

Egestion is the removal of undigested material from the body through the rectum. After most nutrients have been absorbed, the remaining waste moves into the large intestine, where water is reabsorbed and the material becomes feces. The rectum serves as a storage site for these waste products until they are expelled through the anus. The other parts listed—esophagus, stomach, and duodenum—are involved in transport and digestion, not the elimination of indigestible matter.

8. Which of the following is a function of the liver other than the manufacture of bile?

A. Detoxification

B. Storage of fats

C. Hormone secretion

D. Filtration of red blood cells

Detoxification is a major job the liver does besides making bile. It continually processes and neutralizes harmful substances that enter the body or are produced inside it. Liver cells use enzymes to modify drugs and alcohol, making them easier to eliminate from the body. It also converts toxic waste like ammonia into urea, which the kidneys then excrete. Through these actions, the liver helps keep the bloodstream clear of poisons and maintains chemical balance in the body. While the liver does contribute to other tasks in the body, such as producing certain plasma proteins, storing some nutrients, and housing cells that filter bacteria and aged cells, those roles are not its defining functions in the same way detoxification is.

9. Rennin in infants digests which substance?

A. Starch

B. Proteins

C. Milk

D. Fats

In infants, a stomach enzyme called rennin acts on the milk protein in what the baby drinks. It specifically targets casein, causing the milk to coagulate into a solid curd. This curdling slows milk's passage and makes the protein easier to digest with other enzymes later on. So the substance rennin works on is milk. Starch, fats, and other proteins in general are handled by different enzymes, but rennin's role in infancy is the coagulation of milk protein.

SAMPLE

10. What acid is produced in the stomach?

A. Hydrochloric acid

B. Lactic acid

C. Acetic acid

D. Nitric acid

In the stomach, the acid produced is hydrochloric acid as part of gastric juice. This strong acid creates a very acidic environment (pH around 1–3) that helps denature proteins and, more importantly, activates pepsinogen into the enzyme pepsin, which begins the digestion of proteins. The acidity also helps kill many ingested microbes, protecting the body. The other acids listed aren't produced in the stomach: lactic acid comes from anaerobic metabolism or fermentation in muscles and some bacteria, acetic acid comes from fermentation in foods like vinegar, and nitric acid isn't produced by the body in the digestive system. So, hydrochloric acid is the acid produced in the stomach.

SAMPLE

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://leavingcertdigestion.examzify.com

We wish you the very best on your exam journey. You've got this!

SAMPLE