

CHAPTER 3

FROM TASTING TO DIGESTING

1- Tick the food items that

(i) taste salty

Eggs	<input type="checkbox"/>	Cooked vegetables	<input type="checkbox"/>	Fish	<input type="checkbox"/>	Raw vegetables	<input type="checkbox"/>
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(ii) taste sweet

Curds	<input type="checkbox"/>	Tomatoes	<input type="checkbox"/>	Jaggery	<input type="checkbox"/>	Milk	<input type="checkbox"/>
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(iii) taste sour

Bread	<input type="checkbox"/>	Tamarind	<input type="checkbox"/>	Cashew	<input type="checkbox"/>	Sugar	<input type="checkbox"/>
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(iv) taste bitter

Potato	<input type="checkbox"/>	Herbs	<input type="checkbox"/>	Bitter gourd	<input type="checkbox"/>	Amla	<input type="checkbox"/>
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2- Fill in the blanks with appropriate words given in the box.

salt, sugar, jaggery, lime, junk food, proper food, chew, gulp, glucose, Beaumont, Martin, smell, hunger, energy, 30°C, Oral Rehydration Solution

(i) We should eat food slowly and it well.

(ii) One should be given a and solution when one has loose motion and vomiting.

(iii) A drip is given to a patient for instant energy.

(iv) Dr found that food is digested in the stomach by an acidic juice.

(v) The food that is needed for proper growth and development of a child is called

(vi) The temperature of our stomach is about

(vii) Our changes our mood.

(viii) Glucose gives to our body immediately.

This worksheet can be uploaded on any school website.

3- Give reasons.

(i) Sometimes people hold their nose before taking a medicine.

(ii) We cannot taste food properly when we have a cold.

4- Answer in one word or one sentence.

(i) Name the process of breaking down food in simple form in our body.

(ii) Name the liquid in the mouth that helps in digestion.

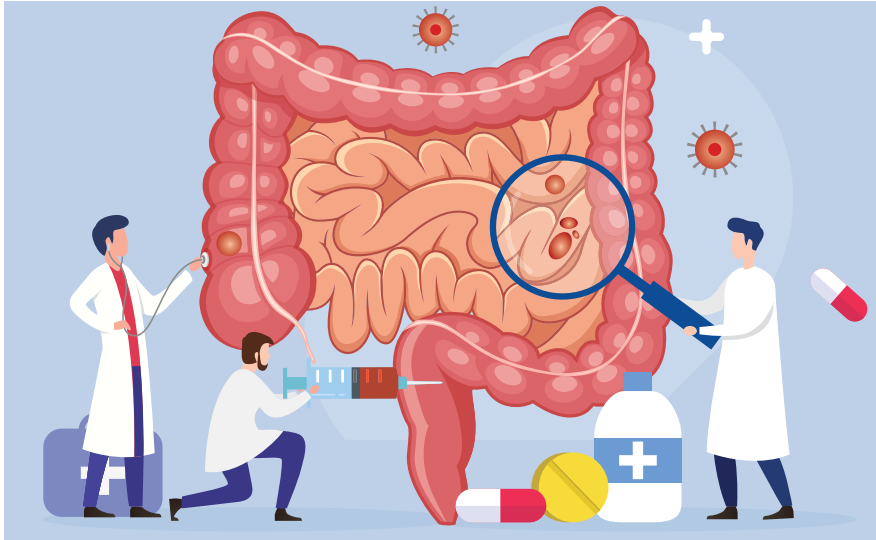
(iii) Name the muscular bag in our body that churns food.

(iv) What term is used for the food items like burger and pizza that makes a person unhealthy?

(v) The tiny bumps present on our tongue.

(vi) The Scientist who carried out many experiments on food and revealed many secrets about digestion.

5- Observe the picture and answer the following questions.



(i) Dr Beaumont did an experiment on digestion of food. What did he find in his experiment?

(ii) How is the digestion of food affected if a person is sad or not well?

6- How does our stomach help in the digestion of food?

7- What do you mean by proper food?

8- What happens when one eats the following?

(a) Improper food

(b) Insufficient food

9- How can you say that digestion begins in the mouth?

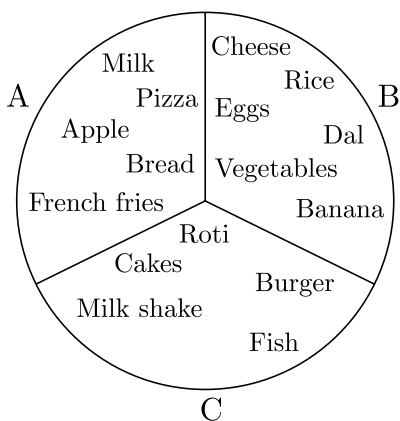
10- Observe the picture and answer the following questions.



(i) What is being given to the patient in the picture?

(ii) When and why is it given to the patient?

11- Look at the three groups of food and answer the following questions.



(i) Which group has a healthy combination of food items?

(ii) Which group will you choose and why?

(iii) Among the group chosen by you, which food item to you dislike?

12- Name any two food items which are:

(i) Sweet

(ii) Salty

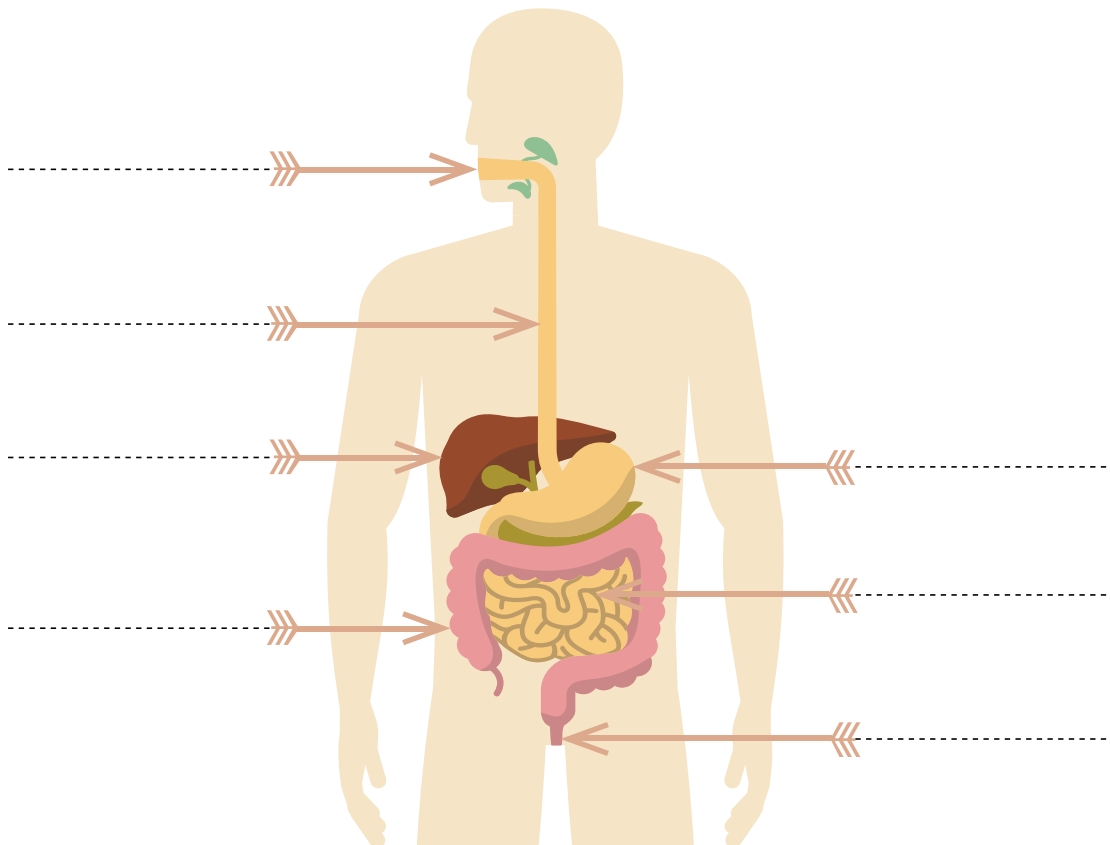
(iii) Bitter

(iv) Spicy

(v) Sour

13- Label the parts of the digestive system with the help of words given in the help box.

rectum, large intestine, esophagus, small intestine, stomach, liver, mouth



14- Classify each food given below, according to the requirement of our body.



Fish



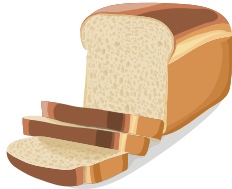
Chocolate



Egg



Apple



Bread



Cabbage



Butter



Beans

Growth and repair

Energy

Health

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15- Why should we have a balanced diet?

16- Why should we eat food slowly and chew properly?

17- Why do we feel weak when we suffer from loose motions?

18- What is the main function of the tongue?

19- What symptoms will a child show who eats junk food?

20- What symptoms will a undernourished child show?

21- Write 'T' for True and 'F' for False statements. If the statement is false, write the correct statement in the lines provided.

(i) A Person suffering from loose motions and vomitings, should be given warm milk to drink.

(ii) In Kalahandi district of Odisha, many labourers died in an accident.

(iii) Food like burger, pizza, samosa, etc keeps us healthy.

(iv) We need a balanced diet to grow and develop.

(v) Onion and garlic can be identified by the sense of taste only.

