CHAPTER 3
FROM TASTING TO DIGESTING

1- Tick the food items that
   (i) taste salty
      Eggs □ | Cooked vegetables □ | Fish □ | Raw vegetables □
   (ii) taste sweet
        Curds □ | Tomatoes □ | Jaggery □ | Milk □
   (iii) taste sour
        Bread □ | Tamarind □ | Cashew □ | Sugar □
   (iv) taste bitter
        Potato □ | Herbs □ | Bitter gourd □ | Amla □

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?

This worksheet can be uploaded on any school website.
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 do 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.

<table>
<thead>
<tr>
<th>Fish</th>
<th>Chocolate</th>
<th>Egg</th>
<th>Apple</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>Cabbage</td>
<td>Butter</td>
<td>Beans</td>
</tr>
</tbody>
</table>

**Growth and repair**

**Energy**

**Health**

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 if 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. ☐

___________________________________________________________

This worksheet can be uploaded on any school website.
(iv) We need a balanced diet to grow and develop.

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