

Worksheet

From Tasting to Digesting

Very short answer questions

I. Choose the correct answer to fill in the blanks.

proper, weak, hunger, taste, glucose drip, strength, ORS1 , sugar, salt, churns, energy, acidic, taste buds, 300C, digestion, Dr. Beaumont, smell, grow, digestive juices, hunger, strong, slowly, eating, tongue.

- a) If we have vomitings and loose motions we feel _____.
- b) A person is given a _____ and _____ solution when he has loose motions and vomitings.
- c) _____ can also be given to the persons who have loose motions and vomitings.
- d) If the condition of the patient is very bad due to vomitings and motions the patient is put on a _____.
- e) Glucose gives some _____ immediately to the body.
- f) A glucose drip is given for instant _____.
- g) Our _____ changes with mood.
- h) To get enough and _____ food is the right of every child.
- i) In Kalahandi district (Odisha) many labourers die due to _____.
- j) The juices in the stomach are _____.
- k) The sense organ of our body that tastes the food is _____.
- l) Our tongue has tiny bumps called _____ which help us to taste the food.
- m) The sense of taste and _____ are interconnected.
- n) The glucose drip is given for quick strength even without _____.
- o) _____ is the breaking down of food into simple forms which our body can use.

p) _____ carried out many experiments and revealed many secrets about digestion.

q) _____ help in digesting the food.

r) Our stomach _____ the food for digestion in our body.

s) The temperature of our stomach is about _____.

t) To _____ and develop we need _____ food.

u) In our country many people die of _____.

v) Onion, garlic and saunf have _____ smell.

w) To digest the food properly, we should eat _____ and chew the food well.

Ans.

- A. Weak
- B. Sugar and salt
- C. Glucose drip
- D. ORS
- E. Strength
- F. Energy
- G. Hunger
- H. Proper
- I. Hunger
- J. Acidic
- K. Tongue
- L. Taste buds
- M. Smell
- N. Eating
- O. Digestion
- P. Dr. Beaumont
- Q. Digestive juices
- R. Churns
- S. 30 degree
- T. Grow, Proper
- U. Hunger
- V. Strong
- W. Slowly

II. Answer in one word.

a) The process of breaking down of food in simple form which the body can use. _____

b) The tiny bumps present on the tongue. _____

c) The liquid in our mouth that helps in digestion. _____

d) A muscular bag in our body that churns food. _____

e) Food like chips, sweets, burgers, sandwiches, pizzas, samosas, soft drinks that make us unhealthy. _____

Ans.

- A. Digestion
- B. Taste buds
- C. Saliva
- D. Stomach
- E. Junk food

III. Given below are pictures of some food items. Write the kind of taste each of them has in the blanks.

a)



b)



c)



d)



e)



f)



g)



h)



Ans.

- A. Sweet
- B. Bitter
- C. Sour
- D. Salty
- E. Sweet
- F. Sour- sweet
- G. Sweet

1 Mark questions.

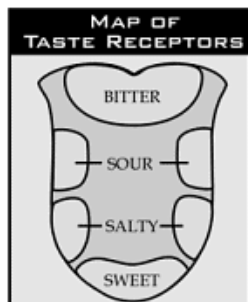
(Short answer questions)

1. Chewing is an essential part of digestion. The more you chew, the better your food will be broken down prior to entering your stomach.
2. Good nutrition is an important part of leading a healthy lifestyle.
3. When a piece of bread is chewed slowly, it tastes sweeter after sometime.
4. Due to loss of water,our bodies have dehydration and this leads to electrolyte imbalance. So muscles don't work properly. That's why we feel weakness.
5. Digestion slows down when we are sad. There is no effective digestion when we are sad or gloomy.

Ans.

1. Chewing is an essential part of digestion. The more you chew, the better your food will be broken down prior to entering your stomach.
2. Good nutrition is an important part of leading a healthy lifestyle.
3. When a piece of bread is chewed slowly, it tastes sweeter after sometime.
4. Due to loss of water,our bodies have dehydration and this leads to electrolyte imbalance. So muscles don't work properly. That's why we feel weakness.
5. Digestion slows down when we are sad. There is no effective digestion when we are sad or gloomy.

2 Mark questions. (Long answer questions)

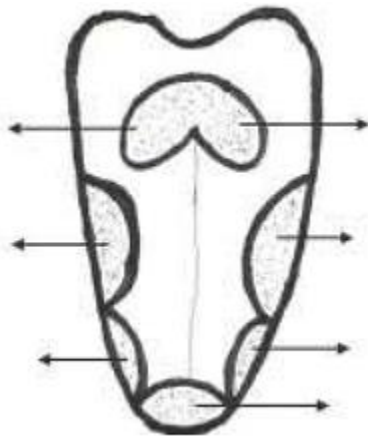


- a) What is the main function of the tongue? What are the four types of tastes?
- b) When and why is glucose drip given?
- c) Who was Dr. Beaumont? What did he find out about digestion?
- d) Why can we not taste food properly when you have a cold?
- e) How does your stomach help in the digestion of food?
- f) Write the symptoms a child will show if he/she does not get rice or roti to eat daily.
- g) What symptoms will a child show who eats junk food?
- h) What is the function of saliva² in the mouth?

(or)

Digestion begins in the mouth. How can you say?

- i) Look at the picture of the tongue given below and mark the parts of the tongue where you can taste sweet, bitter, salty and sour.



Ans.

The tongue is vital for chewing and swallowing food, as well as for speech. The four common tastes are sweet, sour, bitter, and salty. A fifth taste, called umami, results from tasting glutamate.

A patient needs to be on drip of glucose when the patient has loss of water and electrolytes and he is dehydrated and also when the patient can't take food orally .

William Beaumont, the first person to observe and study human digestion as it occurs in the stomach. He found that our stomach digests food faster than outside.

When you have a cold, your sinuses are likely to be filled and the air with the aroma can't get past the sinus. This deprives you the sense of smell. So most of your sense of taste is gone along with your sense of smell.

The stomach is like a mixer, churning and mashing together all the small balls of food that came down the esophagus into smaller and smaller pieces. It does this with the help from the strong muscles in the walls of the stomach and gastric juices that also come from the stomach's walls.

The visible symptoms are - Low energy, Lack of Concentration, and Giddiness. If a child does not get roti or rice during the day, he would have less energy to do any activity and feel sleepy. Without proper nutrition, the child cannot concentrate on any kind of studies or mental work. Skipping meals leads to low blood pressure which can force the child to faint down.

Anyone who eats junk food frequently will develop a pukish feeling (sometimes even puke)- Develop fever, Stomach pain, Diarrhea, Dizziness, Throat infection/cold.

The digestive functions of saliva include moistening food, and helping to create a food bolus, so it can be swallowed easily. Saliva contains the enzyme amylase that breaks some starches down into maltose and dextrin. Thus, digestion of food occurs within the mouth, even before food reaches the stomach.