

**Class 5  
EVS**
**From Tasting to Digesting**
**A Choose the correct option.**

- Where do you think food must be going after you put in your mouth and swallowed?
  - Kidneys
  - Lungs
  - Stomach
  - Gall Bladder
- What is the nature of food juice, inside our stomach?
  - Acidic
  - Base
  - Alkaline
  - Catalyst
- What is junk food?
  - Food that is not properly cooked
  - Food that hard to digest
  - Food that is easily cooked and quickly
  - All of these
- Name the tiny bumps of our tongue.
  - Taste buds
  - Muscular part of tongue
  - Rough surface of tongue
  - None of these
- Which sense organ of our body finds the tastes of food is?
  - Nose
  - Tongue
  - Skin
  - Ear

**B State true or false.**

- Food like burger, pizza, samosa, etc. keeps us healthy. \_\_\_\_\_
- Onion and garlic can be identified by the sense of taste only. \_\_\_\_\_
- We need a balanced diet to grow and develop. \_\_\_\_\_
- Food digest very fast when we are sad. \_\_\_\_\_
- Food digests faster in stomach than outside. \_\_\_\_\_
- The temperature of our stomach is 30° C. \_\_\_\_\_

**C** Give one word answer to the following.

1. The process of breaking down food in simple form which the body can absorb and use. \_\_\_\_\_
2. The liquid in our mouth that helps in digestion. \_\_\_\_\_
3. Name the muscular bag in our body that churns food. \_\_\_\_\_
4. Food like chips, sweets, burgers, sandwiches, pizzas, samosas, soft drinks that make us unhealthy. \_\_\_\_\_
5. The tiny bumps present on our tongue. \_\_\_\_\_
6. The Scientist who carried out many experiments on food and revealed many secrets about digestion. \_\_\_\_\_

**D** Write the kind of taste of each items.



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_

**D** Write the kind of taste of each items.

1. Write symptoms a child will show if he/she does not get rice or roti to eat daily.

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. What is the main function of the tongue? What are the four types of tastes?

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. How does your stomach help in the digestion of food?

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. What symptoms will a child show who eats junk food?

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. What is the function of saliva in the mouth? **Or** Digestion begins in the mouth. How can you say?

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Answers

A.

1. Stomach
2. Acidic
3. All of these
4. Taste buds
5. Tongue

B.

1. False
2. True
3. True
4. False
5. True
6. True

C.

1. Digestion
2. Saliva
3. Stomach
4. Junk food
5. Taste buds
6. Dr. Beaumont

D.

1. Sour
2. Salty
3. Sour-sweet
4. Bitter

E.

1. 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.
2. 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.
4. Glands in your stomach lining make stomach acid and enzymes that break down food. Muscles of your stomach mix the food with these digestive juices.
5. Anyone who eats junk food frequently it causes an increase in fat levels of the body, which leads to cholesterol, blood pressure, heart diseases, obesity, and depression. Such foods like delicious but that's damaging.
6. 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.