



CLASS NOTES-ANSWERS

I) Tick the correct options.

1) The digestion of food begins in the

a) Oesophagus

b) mouth

c) stomach

d) large intestine

2) The process of digestion ends in the

a) mouth

b) stomach

c) Small intestine

d) large intestine

3) Saliva, a digestive juice, is present in the

a) small intestine

b) large intestine

c) mouth

d) stomach

4) Useful substances from the digestive food enter the blood vessels in the

a) small intestine

b) food pipe

c) large intestine

d) stomach

II) Write true (T) or false (F).

1) The stomach is a bag-like organ.

- True

2) Bile is produced in the pancreas.

- False

3) It takes more than ten hours to digest food.

- False

4) Water from the undigested food is absorbed in the large Intestine.

- True

5) Useful substances from the digested food gives us the energy to carry out different activities.

- True

III) Draw a smiley for the healthy eating habits you follow.

1) I drink plenty of water.



2) I eat fruits and vegetables rich in fibre.



3) I avoid overeating and finish the food on my plate.



4) I avoid eating between meals.



5) I chew the food well before swallowing.





IV) Tick the correct answer for each of the following:

- 1) Farooq has milk every day.
 - a) The complex substances present in the milk will be broken down into simpler ones in the digestive system.
 - b) The complex substances present in the milk will be broken down into simpler ones in the excretory system.
- 2) Aliyah ate an apple.
 - a) The process of digesting the apple will begin in the stomach.
 - b) The process of digesting the apple will begin in the mouth.
- 3) Rituja had a hearty lunch.
 - a) The food will be completely digested by the time it leaves the small intestine.
 - b) The food will be completely digested by the time it leaves the stomach.

V) Answer the following questions.

- 1) What is digestion?

Answer: The process by which complex substances in the food are broken down into simpler substances is called digestion.

- 2) Describe the journey of food through the digestive system.

Answer: The process of digestion begins in the mouth as saliva converts starch into sugar. The food pipe carries the food from the mouth into the stomach. The digestive juices in the stomach break down the food into simpler substances. Then the food enters the small intestine where digestive juices from the liver and the pancreas mix with the food and are converted to useful substances. And the digestion is completed.

- 3) How do the useful substances from the digested food reach different parts of the body?

Answer: Useful substances from the digested food are absorbed by the blood vessels in the walls of the small intestine. These substances reach different parts of the body through blood.



4) What happens to the part of the food which remains undigested?

Answer: The undigested food from the small intestine moves to the large intestine. The water from the undigested food is absorbed by the walls of the large intestine. Then, the semi-solid undigested food, called faeces, is passed out of the body through the anus.

Higher Order Thinking Skills

Tick the correct options.

1) Statement 1: The process of digestion begins in the mouth as saliva converts starch into sugar.
Statement 2: The food turns into a fine paste in the stomach but no digestion occurs here.
Statement 3: The digestive juices from the liver and the pancreas mix with the food in the small intestine.
1) All three statements are correct. 2) All three statements are incorrect. 3) Statements 1 and 2 are correct. <input checked="" type="checkbox"/> 4) Statements 1 and 3 are correct

2) Statement 1: We should exercise immediately after a meal.
Statement 2: We need not chew much before swallowing food.
Statement 3: Overeating is good for our health.
1) All three statements are correct. <input checked="" type="checkbox"/> 2) All three statements are incorrect. 3) Only statement 2 is incorrect. 4) Only statement 3 is incorrect