

**PARAGON CONVENT SCHOOL**

**SECTOR: 24 B, CHANDIGARH**

**LESSON - 1**

**FOOD AND DIGESTION**

**Summary:**

- We eat food to get energy, grow and keep ourselves fit and healthy.
- Carbohydrates, proteins, fats, vitamins and minerals are nutrients present in our food.
- Our food must also have roughage and water.
- We should take a balanced diet.
- Digestion of food is necessary to get energy from food.
- We should avoid junk foods and eat a balanced diet.
- Food can be preserved by refrigeration, deep freezing, bottling, canning, drying, pickling and jelling.

**Multiple Choice Questions (Page No. 7)**

1. (a)                      2. (c)                      3. (c)

**Multiple Choice Questions (Page No. 9)**

1. (a)                      2. (a)                      3. (a)

**EXERCISES**

**Section A**

**Oral Questions**

Q1.- Why do we eat food?

Ans.- We eat food to get energy to study, play, work, grow and keep us fit and healthy.

Q2.- Why should we drink 8-10 glasses of water everyday?

Ans.- We should drink about 8-10 glasses of water every day because -

- (a) Water helps the body to dissolve, digest and absorb the food.
- (b) It also helps in removing our body wastes through sweat and urine.

Q3.- Why should we chew the food well?

Ans.- We should chew the food well-

- (a) To break it into small pieces and mix it with saliva.
- (b) The well-chewed food is digested easily.
- (c) The unchewed food causes indigestion and constipation.

### **Science Quiz**

Q1.- Name four food items rich in carbohydrates.

Ans.- Honey, bread, banana, potatoes

Q2.- Name the organ in our body that grinds the food.

Ans.- Teeth

Q3.- Name two junk foods.

Ans.- Pizza, French fries/chips/burgers

### **Multiple Choice Questions**

1. (b)      2. (c)      3. (b)      4. (a)

### **Circle the odd ones. Give reason for your choice**

1. French fries                  Chips                  Apple

Ans.- Apple -- Others are junk food, whereas apple is a healthy food.

2. Ghee                          Pulses                  Oil

Ans.- Pulses -- Others are rich sources of fats, whereas pulses are rich source of

proteins.

3. Eyes                                  Liver                                  Pancreas

Ans.- Eyes -- Others are the organs of the digestive system, whereas eyes are sense organs.

**Fill in the blanks with the help of the given words**

1. food pipe                  2. proteins                  3. Fats                  4. oil                  5. spoiled

**Section B**

**Multiple Choice Questions**

1. (c)                                  2. (a)

**Very short answer questions**

Q1.- Where do we get energy from?

Ans.- We get energy from the food we eat.

Q2.- Name a method of food preservation.

Ans.- Drying / Refrigeration / Deep freezing / Bottling / Canning / Pickling

Q3.- Which organ produces bile?

Ans.- Liver

**Short answer questions**

Q1.- How does saliva help in digestion of food?

Ans.- Saliva breakdown the starch of food into simple sugar and also makes the food soft. In this way, it helps in the digestion of food.

Q2.- What is digestion?

Ans.- Digestion is a process in which the food we eat is broken down into simple and soluble substances that are absorbed by the body.

Q3.- What is food preservation?

Ans.- The process to preserve the food items for a long time is known as food preservation.

Q4.- Why do we cook food?

Ans.- We cook food to make it tasty, make it soft and easy to digest and kill germs present in it.

Q5.- During dinner, Manisha always serve water to everybody in the family.

a) How many glasses of water should we drink daily?

b) What value do we learn from Manisha?

Ans.- (a) We should drink about 8-10 glasses of water daily.

(b) From Manisha, we learn sharing, caring, and helping the family members.

### **Long answer questions**

Q1.- What is a balanced diet? Why should we have a balanced diet?

Ans.- A diet that contains the proper amount of all the nutrients, roughage and water required for good health is called a balanced diet. These nutrients include carbohydrates, proteins, fats, vitamins and minerals.

We should always eat a balanced diet because our body needs all the essential nutrients in adequate amount every day. Lack of these nutrients may cause deficiency diseases.

Q2.- Briefly describe the process of digestion.

Ans.- Digestion is a process in which the food we eat is broken down into simple and soluble substances that is absorbed by the body.

First, teeth chew and grind the food in the mouth and tongue mixes saliva in it.

Then food passes through the food pipe to reach the stomach, where it churns and mixes with the digestive juices. Digestive juices breakdown the food into simple and soluble form.

From stomach, the food passes into small intestine, which produces some digestive juices. Liver produces bile that helps to digest fats in small intestine. Pancreas produce juices that help to digest carbohydrates, fats and proteins in small intestine. The process of digestion completes here. The walls of small intestine have blood vessels that absorb the digested food and take it to all other body parts.

From small intestine, the undigested food passes into large intestine. It holds the undigested food, absorbs extra water and forms faeces. This undigested food is passed out as stool through the anus