

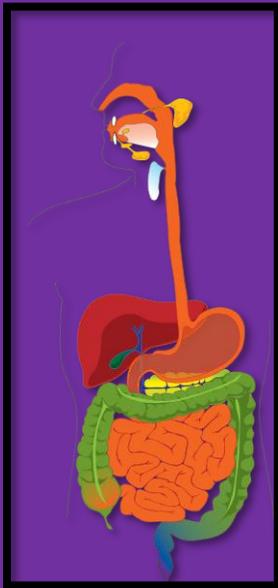
FROM TASTING TO DIGESTION

KEY POINTS

- ❑ We eat different kinds of food to get energy and to grow well.
- ❑ The food we eat cannot be used by the body as it is.
- ❑ It has to be broken down in to simpler and soluble from that the body can use.
- ❑ The breaking down of food into simpler from is called digestion.

Answer the following:

Q1. What is called Digestion?



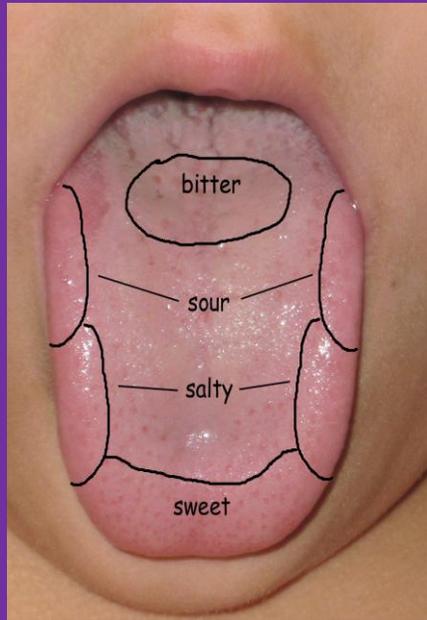
Digestion is a process in which the complex food we eat is broken down in to simple, soluble, substances which our body is able to use.

Q2. What is Saliva?



Saliva is a liquid secreted by the salivary gland located in the mouth is called saliva.

Q3. Explain: "Our Tongue"



- It is a Muscular organ that helps to move the food in the mouth and taste it.
- It has taste buds that help to identify four tastes salt, sweet sour and bitter.
- The front part of the tongue could feel salt& sweet.
- The middle part of the tongue could feel sour.
- The innermost part of the tongue could feel bitter taste.

Q4. What is the role of the Teeth in digestion.



Teeth give shape to the face and help to break down food

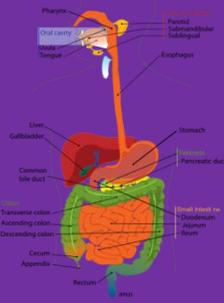
Total teeth -32

Upper jaw-16

Lower jaw-16

- * Incisors - 4
 - * Canines - 2
 - * Premolar - 4
 - * Molar - 6
-
- 16

Q5. Explain: The Digestive system consists of the following



1.

- 1) Mouth
- 2) Food pipe
- 3) Stomach
- 4) Liver
- 5) Pancreas
- 6) Small Intestine
- 7) Large Intestine
- 8) Anus

- ♣ Teeth chew and grind the food.
- ♣ Saliva makes the food moist and softens it and it helps to convert the starch present in the food into sugar.
- ♣ The food from the mouth goes through the food pipe and enters the stomach.
- ♣ Several digestive juices produced by the stomach, help in digesting the food.
- ♣ Liver and Pancreas also secrete digestive juice.
- ♣ The food remains in the stomach for 3-4 hours.
- ♣ From the stomach the food goes into the small intestine.
- ♣ The food is digested completely here.
- ♣ The digested food is absorbed by the blood and circulated to every cell of the body.
- ♣ Undigested food goes into the large intestine. Water is absorbed here.
- ♣ Thereafter solid waste is thrown out from the anus.

Q6. What is a balanced diet?



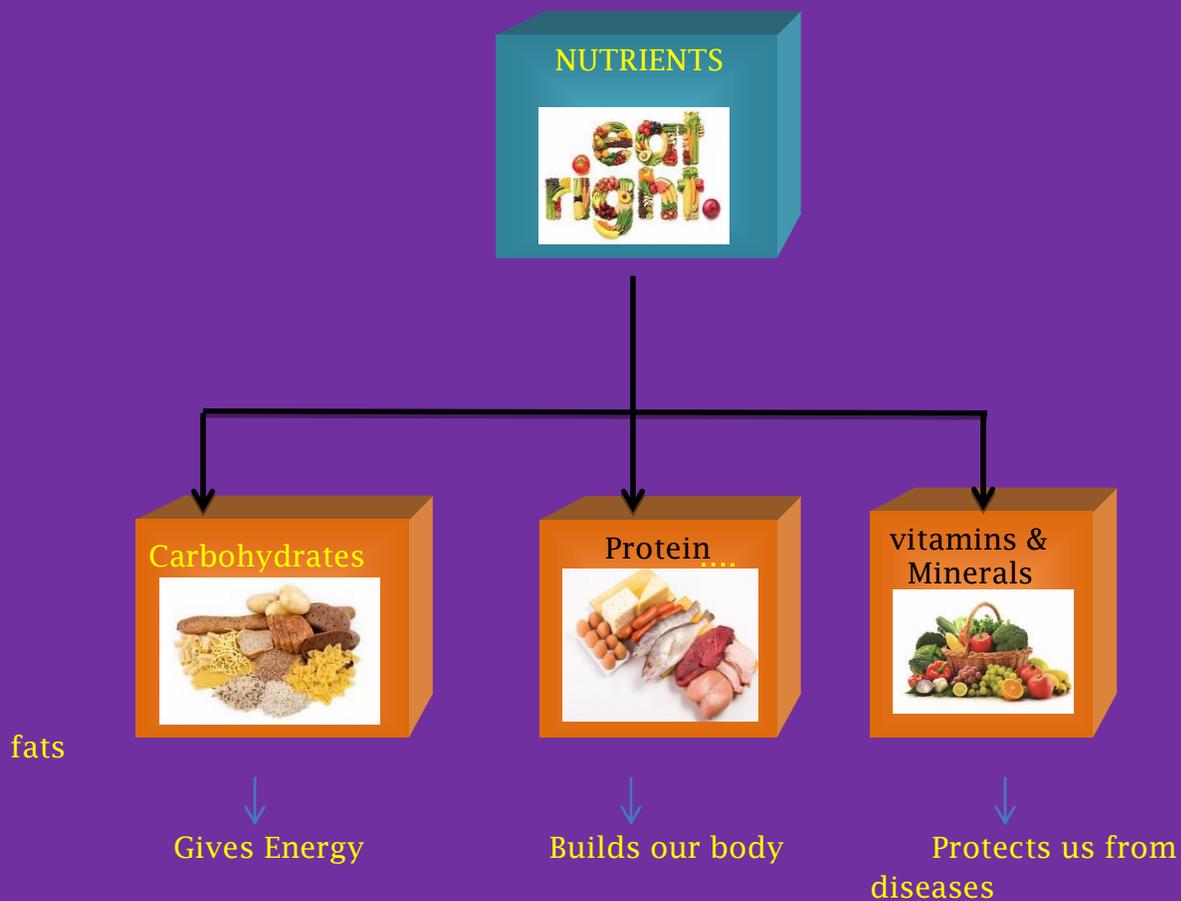
The food that contains all the nutrients water and roughage in the right amount is known as a balanced diet.

Q7. What is Roughage?



Roughage is the fiber present in the food. It has no nutritive value but helps the body to eliminate waste.

Q8. What are called Nutrients?



1. Food Rich in Carbohydrates and fats

Bread, Sugar, Potatoes, Rice ,Oil

Carbohydrates and fats give us energy to do work. They are called energy giving food.

2. Food Rich in protein

Cheese, Ghee, Chicken, Fish ,Eggs ,Milk, Cashew nut, Grams Beans

Proteins help our body to grow. They are called body building food.

3. Food Rich in Vitamins and Minerals

Fruits Vegetables

Vitamins and Minerals help our body to remain healthy and protect us from disease are called protective food.

Q9. What is Malnutrition?



People who do not eat enough food suffer from malnutrition. Malnutrition leads to deficiency diseases.

Example:

Marasmus - due to the deficiency of carbohydrates

Kwashiorkor - due to deficiency of protein

Q10. Explain the following terms.

1. Marasmus
2. Kwashiorkor



Marasmus

The disease occurs due to the deficiency of protein and carbohydrates in the diet of a child below age of one.

Symptoms of this disease

- Stunted growth
- Wrinkled skin
- Frequent diarrhoea

This disease can be cured by giving diet rich in carbohydrates.

Kwashiorkor

This disease also occurs due to the deficiency of carbohydrates and proteins in the diet

Symptoms

- Swollen belly
- Low appetite

Such children should be fed pulses, eggs, skimmed milk, porridge etc.

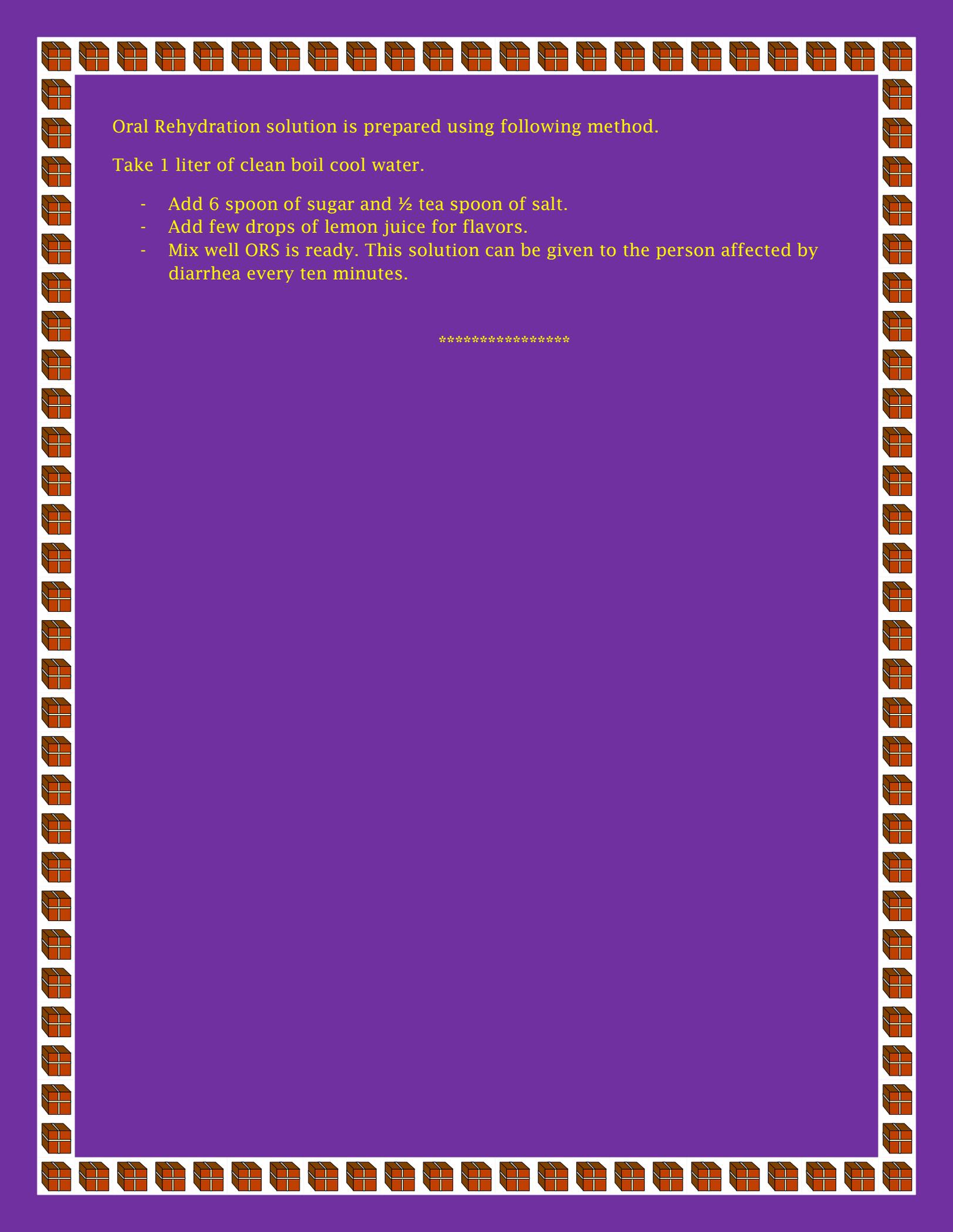
Q11. What is Glucose?



Glucose is a kind of sugar which gives instant energy to the people who suffer from weakness and diseases.

Q12. How is ORS prepared?





Oral Rehydration solution is prepared using following method.

Take 1 liter of clean boil cool water.

- Add 6 spoon of sugar and $\frac{1}{2}$ tea spoon of salt.
- Add few drops of lemon juice for flavors.
- Mix well ORS is ready. This solution can be given to the person affected by diarrhea every ten minutes.
