

Ln-1

Food And Digestion

I. Technical Words:

1. Nutrients:

Substances in food which keeps us alive and healthy.

2. Digestion:

The process of breaking down of food into a simpler form.

3. Roughage:

The fibre present in our food that is necessary for proper functioning of the digestive system.

II. Short Answer:

1. What happens to the food in the mouth?

Ans.

* Our teeth bite and chew the food to break it into small pieces.

* The saliva in our mouth mixes with the food and changes the insoluble starch in the food to soluble sugar.

2. What is the function of the small intestine?

* The small intestine completely digests the food, till it becomes almost a liquid.

* The blood vessels present in the walls of the small intestine absorb the digested food and carry it to all parts of the body.

III Long Answer:

1. How do we preserve food?
(Ans)
- * We preserve food by treating it in special ways so that it will not get spoiled.
 - * We can refrigerate or boil the food.
 - * We can add sugar and salt while cooking.
 - * We can dehydrate the food.
 - * We can add preservatives to some foods.
2. What happens to our food when it enters the stomach till it reaches the large intestine?
- * The food is churned in the stomach.
 - * The digestive juices will breakdown the proteins in the food into simpler form.
 - * The food is then pushed into a long coiled tube called the small intestine.
 - * The inside walls of the small intestine, pancreas and liver produces

juices that mixes with the food in the small intestine and completely digest the food.

* The digested food is almost like liquid.

* The blood vessels present in the walls of the small intestine absorb the digested food and carry it to all parts of the body.

* The undigested food passes into the large intestine.

IV Hots:

1. You need to consume more protein than your grandmother. Why?

* Proteins help our body to grow.

* Since we are growing, we need more proteins.

2. Pineapple jam can be kept for a longer period than pieces of pineapple. Why?

* Cut pieces of pineapple gets spoiled faster due to the action of micro-organisms.

* Pineapple jam is prepared by boiling the fresh pulp with sugar.

* As sugar helps to preserve food, so pineapple jam can be kept for a longer period.

3. Your father drinks milk every morning. Why?

can't he get milk for the whole month together?

Ans.

Milk cannot be kept for longer period as it can get easily spoiled by micro organisms.

Ln-2 Teeth and Microbes.

I Technical Words:

1. Decaying:

Germs infecting and weakening a tooth.

2. Bacteria:

Tiny single-celled organisms.

3. Dental Floss:

A silk thread used for cleaning between the teeth. It is used to remove food particles and prevent build up of plaque.

II Short answer:

1. How are teeth important to us?

Ans * Teeth are important to us because -

* Teeth give proper shape to our face

* Teeth help us to speak clearly.

* They enable us to bite and chew.

* They make our smile beautiful.

2. What type of foods are good for our teeth?

Ans Calcium and Vitamin C are important for healthy teeth and gums.

Calcium rich food:

Milk, Cheese, Cottage cheese.

Vitamin C rich food:

Amla, papaya, Oranges and lemons.

III Long Answer:

1. What are microbes? Name the two diseases caused by protozoa.

Ans * Microbes are tiny living things which can only be seen through a microscope.

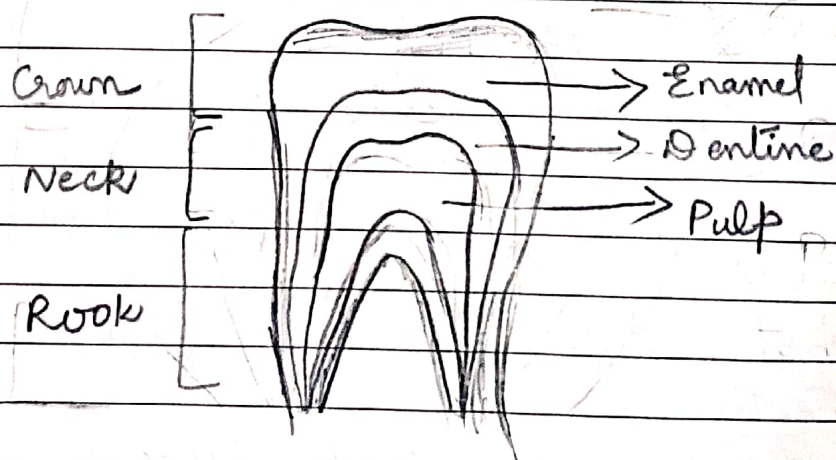
* They are found where warmth, moisture, food and air are suitable for them.

* They grow in air, soil, water inside and outside living things.

* Malaria and dysentery are the two diseases caused by protozoa.

2. Draw and explain the structure of a tooth.

Ans



STRUCTURE OF A TOOTH

A tooth has three parts the crown, the neck and the root.

Enamel:

It is the outer cover of a tooth. Enamel is the hardest substance in our body.

Dentine:

It lies below the enamel. It is also quite hard.

Pulp: -

Inside dentine is the pulp. It is soft and has blood vessels and nerves connected to the gum.

IV. Hots:

1. You must rinse your mouth well after meals. Why?

Ans Bits of food particles remaining stuck to the teeth can cause the growth of bacteria.

2. You must avoid having too many sweets. Why?

Ans * Bacteria grows faster on sugary or sweet food.
* They first attach to the enamel and then form a sticky coating called plaque.

* Then they reach the nerves within the pulp and cause pain

3. You must wash your hands before you eat anything. Why?

Ans Germs or dirt on our hands may get into our body along with the food and may cause disease.