



INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS (2023 – 2024)

LESSON: **FOOD AND DIGESTION**

WORKSHEET **2**

RESOURCE PERSON: Ms Soumya L S Nair

NAME: _____ CLASS: V SEC: _____ DATE: _____

I. Fill in the blanks to complete the sentence.

1. A diet which contains all the nutrients in the right amount is known as a _____.
2. Saliva breaks down carbohydrates into _____ which later converts into glucose.
3. The part of the human digestive system, where water is absorbed in the body is _____.
4. The digestive juice produced by the liver is the _____.
5. The simplest form of sugar is _____.
6. Undigested food passes out of the human body through the _____.

II. Establish the relationship and complete the following.

1. Mouth: saliva : : _____ : bile
2. _____ : pulses :: carbohydrates : cereals
3. Small Intestine : absorption of food :: Large intestine _____

III. Match the following

Column A	Column B
1. large intestine	a. produce bile
2. small intestine	b. carries food to the stomach
3. liver	c. where water is absorbed
4. food pipe	d. churns food and adds digestive juices
5. stomach	e. where nutrients are absorbed

Ans: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____

IV. Give reasons for the following.

1. Chappatti tastes sweet when chewed for a while.

2. John who plays football needs more of carbohydrate rich food than Joseph who plays chess.

V. Application based questions.

1. Josh is getting ready to make dinner. Looking back on his diet for the day, he realizes he ate a lot of carbohydrates already and not enough protein. Which of the following meals would be best for Josh to balance out his diet for the day?

a) Grilled chicken and asparagus

b) Pasta and cream sauce

c) Rice and veggies

d) Baked potato with extra cheese

2. The child shown in the picture is admitted in the hospital and underwent a surgery. What fluid is being given to him. Why?



VI. Label the names of groups of food in the food pyramid .



