



INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS [2024 – 2025]

LESSON: FOOD AND DIGESTION

WORKSHEET-2

RESOURCE PERSON: Ms. BIBI KHUTEJA

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

I. Study the passage and provide suitable answers to the questions.

The food we eat takes an incredible journey through our body, from the top (our mouth) to the bottom (our anus). When we eat, our mouth chews and grinds the food, while the saliva secreted by the salivary glands helps to change starch into sugar. The food pipe carries the food from the mouth to the stomach. The stomach is a muscular bag and it churns the food to help break it down mechanically as well as chemically. Digestive juices secreted by the pancreas in the small intestine help to break down carbohydrates, fats, and proteins. The liver also secretes digestive juice called bile that aids in the digestion of fats. The small intestine is where the digestion process is completed, and the food is absorbed. The large intestine absorbs water and any undigested solid waste is passed out as stool through the anus.



- Where does the whole process of digestion begin in our body? _____
- Name the muscular bag which serves as a storage organ for food to get digested. _____
- The main function of the large intestine is the _____.
- Name the organ that secretes saliva. _____.
- The organ where the process of digestion is completed is the _____.

II. State whether the given statements are True or False.

1.	Glucose is a source of energy for our body. It gives us instant energy.	
2.	Digestion is a process in which the complex food we eat is broken down into simple, soluble substances, which our body is not able to use.	
3.	Salivary glands secrete a digestive juice called bile.	
4.	A diet that contains the right amount of all the necessary nutrients, water and roughage is known as a balanced diet.	

III. Match the following.

	<u>COMPONENTS OF FOOD</u>		<u>FUNCTIONS</u>		<u>SOURCES</u>
1	Carbohydrates	A	protect our bodies from diseases	m	Eggs, milk
2	Fats	B	help in the growth and repair of damaged body parts	n	Cheese, butter
3	Proteins	C	energy giving food	o	Fruits, vegetables
4	Vitamins and minerals	D	act as an energy store.	p	Rice, potato

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

IV. Given below are some application-based questions. Think well and answer them.

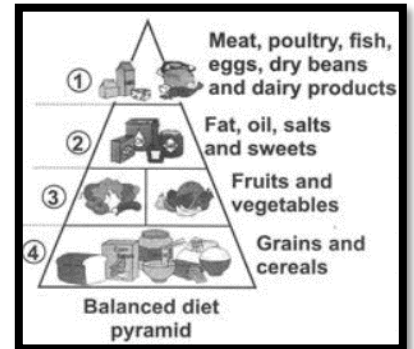
1. Diya and her family are watching the Olympic Games. During one of the races, Diya noticed that an athlete was taking some glucose just before the race began. She was curious to know why the athlete did that. Can you assist her in understanding the reason behind it?



Ans: _____

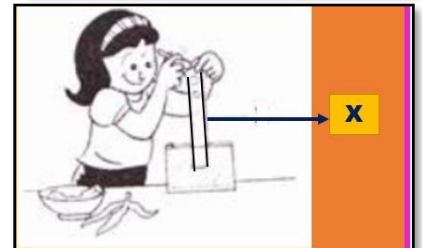
2. Dhruv drew a balanced diet pyramid but made some mistakes. Can you help him to identify his mistake by selecting the correct option?

- a) Food items in block 1 should be replaced by food items in Block 4.
- b) Food items in block 2 and 3 should be interchanged.
- c) Food items in block 1 and 2 should be interchanged.
- d) Food items in block 3 should be replaced by food items in block 4.



Ans: _____

3. Asma has created a model to simulate the digestive system. She used a long tube and a banana to create a mixture of banana and milk, which was passed through the tube as shown in the figure. Which part of the digestive system is represented by the letter "X"?



Ans: _____

4. When Andrea was studying for her exam, she came across a statement about the importance of chewing food. She wants to understand its significance. Please help her.



5. Priya drew a diagram of a digestive system. She is confused about labeling the parts. Can you help her?

A.	C.
B.	D.
E.	

