



INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS [2022 – 2023]

LESSON: FOOD AND DIGESTION

WORKSHEET

RESOURCE PERSON: Ms. BIBI KHUTEJA

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

I. Unscramble the jumbled letters given below and write the words using the given hints.

1. Substances that provide nourishment essential for the maintenance of life and for growth: _____
_____ (IUTSNERNT)
2. A diet that contains the right amounts of all the necessary nutrients, water and roughage: _____
_____ (ADCNELBA IEDT)
3. The process of breaking down of food: _____ (OSINEDGTI)
4. A source of energy for our body: _____ (UGEOSLC)

II. Pick the odd one out from the given set of words, based on their relation to the lesson.

- a) Mouth, Bile, Saliva, Teeth
- b) Oesophagus, Stomach, Kidneys, Large Intestine
- c) Maltose, Energy, Glucose, Water

III. Establish the relationship and complete the following.

1. Incisors: cutting of food :: _____: grinding of food
2. Liver: _____ :: pancreas: pancreatic juice
3. large intestine: absorption of water :: small intestine: _____

IV. For question numbers 1 and 2, two statements are given - one labelled Assertion (A) and the other labelled Reason (R). Select the correct answer to these questions from the codes a), b), c) and d) as given below.

- a) Both A and R are true and R is correct explanation of the A
- b) Both A and R are true but R is not the correct explanation of the A.
- c) A is true but R is false.
- d) A is false but R is true.

1) **Assertion:** Bread tastes sweet when chewed for a while.

Reason: Saliva in the mouth changes the starch present in the food to sugar.

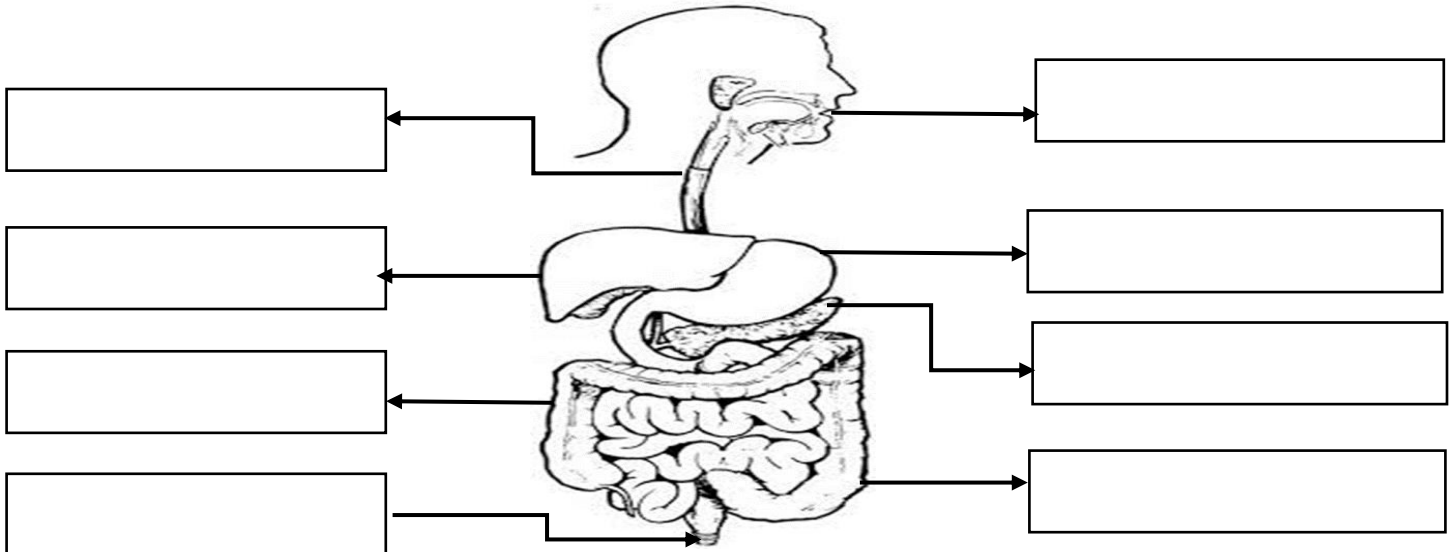
2) **Assertion:** Food acts as a fuel for the human body.

Reason: For good health and proper growth, it is important to have a balanced diet.

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

1. Riya is studying in grade V. Her EVS teacher gave her an assignment from the lesson "FOOD AND DIGESTION". She was asked to label the given human digestive system and colour the following parts as instructed. Help out Riya in completing her assignment.

Mouth-red, Oesophagus-Pink, Stomach-Blue, Liver-Brown, Pancreas-Yellow, Small Intestine-Orange, Large Intestine- Green, Anus- Pink



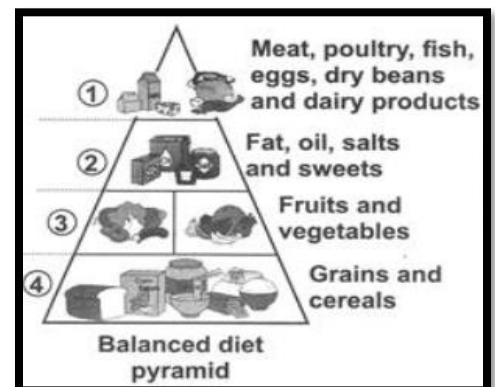
2. Diya saw an athlete participating in a race taking some glucose just before the race began. She wanted to know the reason behind this. Can you help her understand why by answering her query?

Ans: A runner participating in a race takes some glucose before the race began



3. Ritisha drew a balance diet pyramid but made some mistakes. Can you help her to identify her mistake by selecting the correct option regarding it?

- 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: