



# INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS [2024 – 2025]

LESSON: FOOD AND DIGESTION

WORKSHEET-1

RESOURCE PERSON: Ms. BIBI KHUTEJA

NAME: \_\_\_\_\_ CLASS: V SEC: \_\_\_\_\_ DATE: \_\_\_\_\_

## I. Fill in the blanks to complete the sentences.

1. Substances that provide nourishment essential for the maintenance of life and for growth are called \_\_\_\_\_.
2. Our food consists of nutrients such as \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, vitamins and \_\_\_\_\_.
3. The food we eat daily is called our \_\_\_\_\_.
4. Digestive juices from the \_\_\_\_\_ and \_\_\_\_\_ are added to the small intestine
5. \_\_\_\_\_ is a source of energy for our body and it gives us instant \_\_\_\_\_.

## II. Establish the relationship and complete the following.

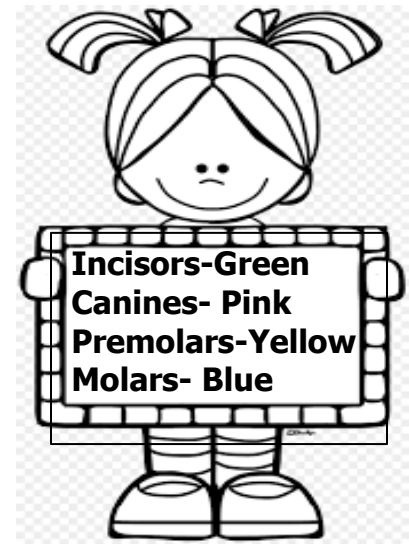
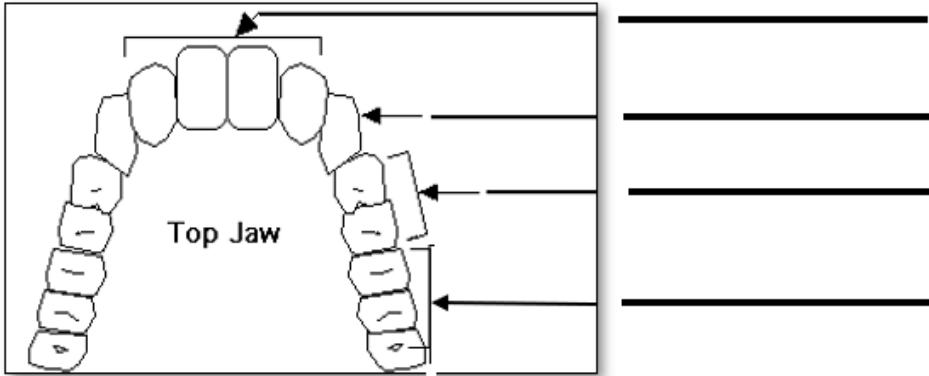
1. incisors: cutting of food :: \_\_\_\_\_: grinding of food
2. liver: \_\_\_\_\_ :: pancreas: pancreatic juice
3. large intestine: absorption of water :: small intestine: \_\_\_\_\_

## III. 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 the 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.

Sr.No		Statements	Answer
1	<b>Assertion</b>	The bread tastes sweet when chewed for a while.	
	<b>Reason</b>	Saliva in the mouth changes the starch present in the food to sugar.	
2	<b>Assertion</b>	For good health and proper growth, it is important to have a balanced diet.	
	<b>Reason</b>	The food we eat daily is called a balanced diet.	
3	<b>Assertion</b>	The food pipe carries food from mouth to stomach.	
	<b>Reason</b>	The food pipe is also known as the esophagus.	
4	<b>Assertion</b>	Digestion is completed and food is absorbed in the large intestine.	
	<b>Reason</b>	Digestive juices from the liver and pancreas are added to the small intestine.	

**Q. IV.** Raj is a 5th-grade student who has been given an assignment by his EVS teacher. The task is to label and colour the diagram of various types of teeth. Your help is required to assist Raj in completing the diagram. You need to label the different types of teeth in the given picture and colour them according to the colour codes provided alongside.

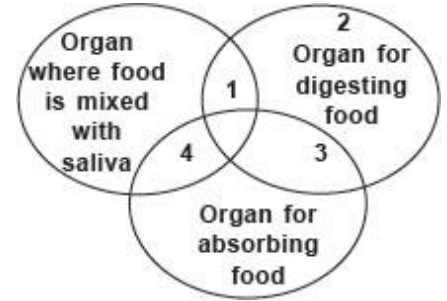


**Q.V. Picture Based Questions. Think and answer.**

1. Which of the labelled areas in the Venn Diagram represents the small intestine? Circle the correct answer and give reason.

- A.1      2. B      3.C      4.D

Ans: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



2. Study the pie chart/circle graph for a balanced diet and answer the following questions.

a. Identify the group of nutrients in which bread, cereals and potatoes belong to.

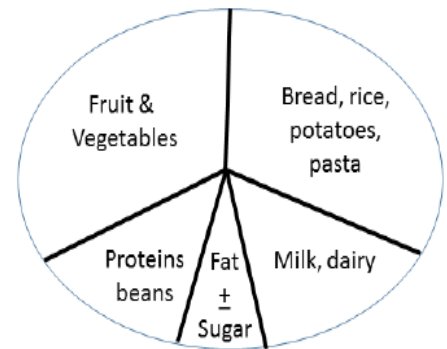
Ans: \_\_\_\_\_.

b. Name the food items which are good sources of calcium.

Ans: \_\_\_\_\_

c. Which nutrient group is called body-building nutrients?

Ans: \_\_\_\_\_



3. Complete the flow chart describing the path of food in the digestive system.

