



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

Our body needs food to stay healthy and strong. Food gives us the energy to play, study, and do everything we need to do. A process in which the complex food we eat is broken down into simple, soluble substances, which our body is able to use is called digestion.

Digestion starts in the mouth. When we chew food, our teeth break it down into smaller pieces, and saliva helps to soften the food. Saliva contains enzymes that begin breaking down carbohydrates. After we swallow, the food travels down the esophagus (the tube that connects the mouth to the stomach). In the stomach, food mixes with digestive juices and gets broken down even more. The stomach is like a mixing bowl where food is crushed and mixed with acids.

After the stomach, the food moves to the small intestine. The small intestine is where digestion is completed. It's a long, coiled tube where food is mixed with juices from the liver and pancreas. These juices help break the food into even smaller pieces. The small intestine absorbs the nutrients from the food, which go into the bloodstream. The parts of food that cannot be digested move to the large intestine, where water is absorbed, and the waste is prepared to leave the body through the anus.

1. Where does digestion begin in the body?

2. What is the role of saliva in digestion?

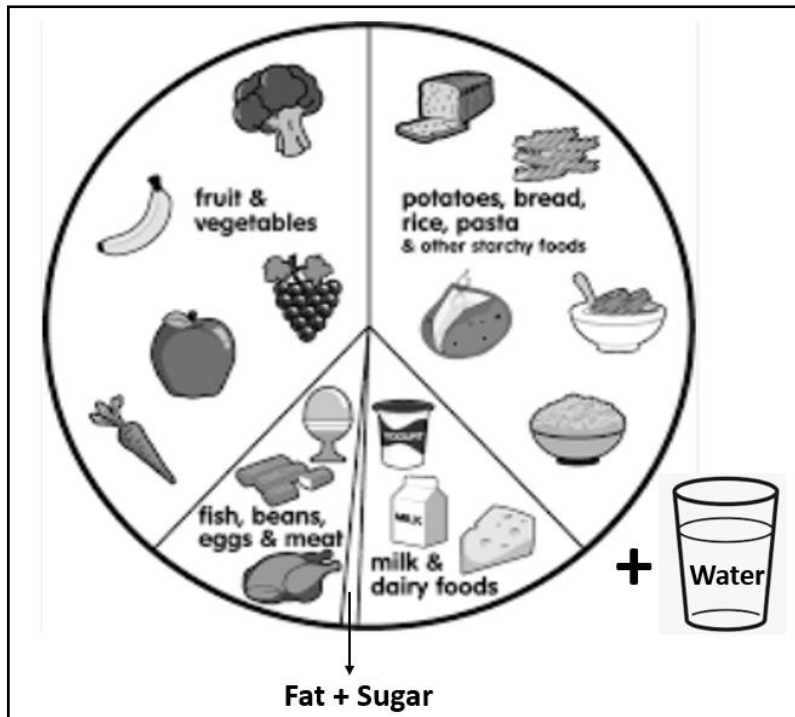
3. Name the tube that connects mouth to the stomach.

4. What are the two organs that send juices to the small intestine to help digestion?

5. Name the organ that absorbs the nutrients from the digested food?

6. What happens to the food that cannot be digested?

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



1. Name the component of food to which potatoes, bread, rice, pasta and starchy foods belong. Why is this group of nutrients important for the body?

Component of Food: _____

Reason: _____

2. Name the protein rich food items shown in the above pie chart.

3. Give two examples of food that provide vitamins.

4. Why is water important for the body?

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