

Class – IV

General Science

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Chapter – 7 Food and Digestion

I. Oral questions:

Q1. Why do we eat food?

Ans. We eat food to :-

(i) get energy, to study, play and work.

(ii) grow.

(iii) keep us fit and healthy.

Q2. Why should we drink 8-10 glasses of water everyday?

Ans. We should drink about 8-10 glasses of water everyday because water helps the body to dissolve, digest and absorb the food. It also helps in removing our body wastes, through sweat and urine.

Q3. Why should we chew the food well?

Ans. We should chew the food well to break it into small pieces and mix saliva in it. The well chew food is digested easily while the unchewed food cause indigestion and constipation.

II. Science Quiz:

Q1. Name four food items rich in carbohydrate.

Ans. Four food items rich in carbohydrates are:-

(i) Honey (ii) bread (iii) banana (iv) potato

Q2. Name the organ in our body that grinds the food.

Ans. Teeth grinds the food.

Q3. Name two junk foods.

Ans. Two junk foods are:-

Pizza, French fries

III. Very Short Answer Questions:

Q1. Where do we get energy from?

Ans. We get energy from the food we eat.

Q2. Name a method of food preservation.

Ans. A method of food preservation is drying.

Q3. Why is junk food not nutritious?

Ans. Junk food is not nutritious because it is not a balanced food and contains excess of sugar and fats.

IV. Short Answer Questions:

Q1. How does saliva help in digestion of food?

Ans. Saliva breaks the starch of food into simple sugar and also makes the food soft.

Q2. What is digestion?

Ans. Digestion is a process in which the food we eat is broken down into simple and soluble substances that are absorbed by the body.

Q3. What is food preservation?

Ans. The process by which we can preserve the food items for a long time is known as food preservation.

Q4. What is the role of liver?

Ans. The liver produces bile that helps to digest fats in small intestine.

Q5. During dinner, Manisha always serves water to everybody in the family.

(a) How many glasses of water should we drink daily?

Ans. We should drink about 8-10 glasses of water daily.

(b) What value do we learn from Manisha?

Ans. We can learn sharing responsibilities and helping nature from Manisha.

V. Long Answer Questions:

Q1. What is a balanced diet? Why should we have a balanced diet?

Ans. A diet that contains the proper amount of all the nutrients, roughage and water required for good health is called balanced diet. We should always eat balanced diet because our body

need all the nutrients everyday in adequate amount. In absence of these nutrients in diet , we may suffer from various deficiency diseases.

Q2. Describe the process of digestion.

Ans. Digestion is a process in which the food we eat is broken down into simple and soluble substances that is absorbed by the body.

(i) Teeth chew and grind the food in the mouth and saliva is mixed in it.

(ii) The food passes through the food pipe and reach the stomach where it churns and mixes with the digestive juices. Digestive juices break down the food into simple and soluble form.

(iii) From stomach , food passes into small intestine . Liver produces bile that helps to digest fats in small intestine. Pancreas also produces juices that help to digest carbohydrates, fats and proteins in small intestine. The process of digestion completes here .

(iv) The walls of small intestine have blood vessels that absorb the digested food and take it to all other body parts.

(v) From small intestine, the undigested food passes into large intestine. It holds the undigested food, absorbs extra water and forms semi- solid waste.

(vi) This undigested food is passed out as stool through anus.

VI. Think And Answer:

Q1. Rahul is suffering from constipation. His grandmother suggests him to eat lots of salad and fruits. How will that be helpful?

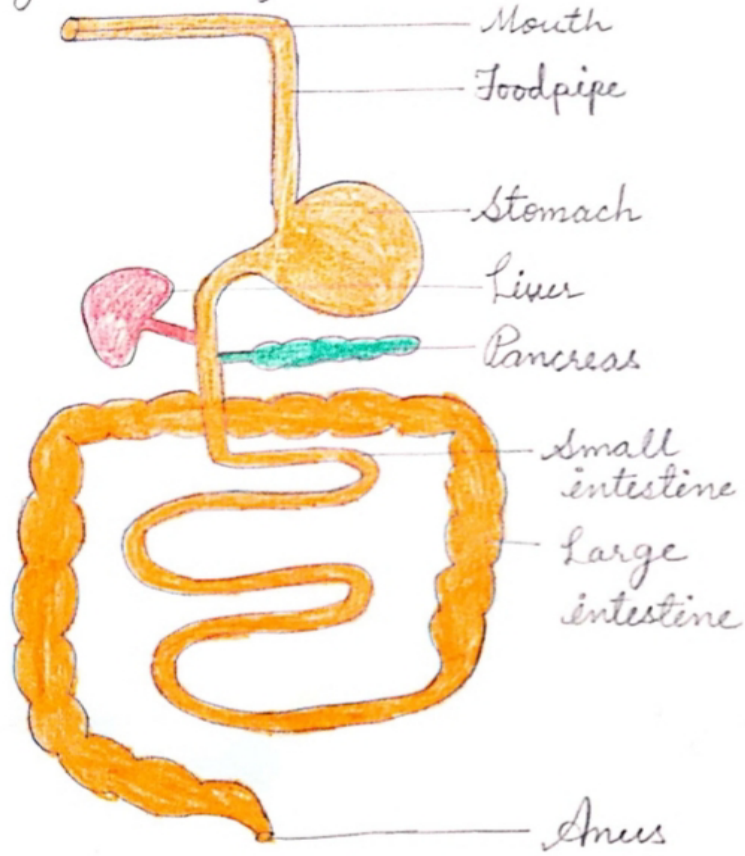
Ans. Most of the fruits and vegetables contain fibres (roughage). Roughage helps to throw undigested food from our body, thus useful in constipation.

Q2. Pinki's mother always keeps the vessel with milk in the refrigerator. One day, she forgot to do so. Next day Pinki observed that the milk became like curd. Why?

Ans. The milk which Pinki observed is spoiled. After spoiling, the milk become sour and looks like curd. Keeping milk in refrigerator prevents it from spoilage.

VII. Draw well labeled diagram of Digestive System:

Digestive system



Digestive system

