

Food and Digestion

Fill in the blanks: -

1. Food helps us to stay _____, give us _____ and keeps us _____.
2. _____ gives us more energy than starch.
3. We need _____ for the formation of teeth and _____.
4. _____ helps in the proper functioning of the digestive system.
5. _____ of our body weight is water.
6. _____ present in the walls of the large intestine, help in absorbing water.
7. Insoluble starch is changed into soluble sugar by _____.
8. _____ breaks the proteins present in the food into simple forms.
9. The semi-solid waste of our body is passed out through _____.
10. _____, _____ and _____ are some of the processes of preserving food.

Define the following: -

Nutrients- _____

Vitamins- _____

Balanced diet- _____

Saliva- _____

Rearrange the letters to find the answer using the hint: -

Type of carbohydrates- UGRAS- _____

Cleans digestive tract- OPGRUHAE _____

Secretes digestive liquid- IALVRASY NDSGLA- _____

Long coiled tube- MLLAS NNSTTIIIEE- _____

Write short answers: -

Why do we need food?

Why do athletes and people doing more physical work need more carbohydrates?

Name some energy-giving foods.

What is body-building food? Name some sources of it.

Aditya is down with viral. Which type of food should he eat more and why?

What are protective foods? Name their sources.

What is roughage and how does it help in the proper functioning of the digestive system?

What is digestion?

Why do starchy foods like breads and rice taste sweet after we chew them?

Why is preserving food important?

What are the various ways of preserving food?

Name some sources of roughage.

Label the diagram:-

