Food and Digestion

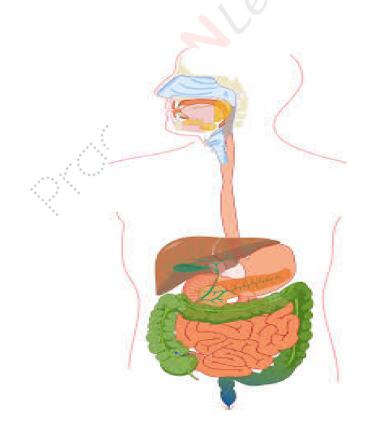
| Fill in | the blanks: - | | | | | | | |
|----------|--|-----------------|------------------|--------------|--------------------------|--|--|--|
| 1. | Food helps us to s | stay | , give us | and | keeps us | | | |
| 2. | | gives us me | ore energy thar | n starch. | | | | |
| 3. | We need | for the | e formation of t | eeth and | · | | | |
| 4. | helps in the proper functioning of the digestive system. | | | | | | | |
| 5. | of our body weight is water. | | | | | | | |
| 6. | i present in the walls of the large intestine, help in absorbing w | | | | | | | |
| | . Insoluble starch is changed into soluble sugar by | | | | | | | |
| | breaks the proteins present in the food into simple form | | | | | | | |
| 9. | The semi-solid wa | iste of our bod | y is passed out | through | | | | |
| 10. | | | and | are | some of the processes of | | | |
| | preserving food. | | | | | | | |
| Define | e the following: - | | | | | | | |
| | _ | | | | | | | |
| Nutrie | ents | | |) | | | | |
| | | | | | | | | |
| Vitami | ins | | | | | | | |
| | | | | | | | | |
| Baland | ced diet- | | | ' | | | | |
| | | | | | | | | |
| Saliva- | | | | | | | | |
| Janva | | | | | | | | |
| | | | | | | | | |
| _ | | | | | | | | |
| | ange the letters to | | • | | | | | |
| Type c | of carbohydrates- I | UGRAS | | | | | | |
| Cleans | s digestive tract- O | PGRUHAE | | | | | | |
| Secret | es digestive liquid | - IALVRASY ND | SGLA | | | | | |
| Long c | coiled tube- MLLAS | S NNSTTIIEE | | | | | | |
| | | | | | | | | |
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| Write short answers: - | |
|--|---------------------|
| Why do we need food? | |
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| | |
| Why do athletes and people doing more physical work need m | nore carbohydrates? |
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| Name some energy-giving foods. | |
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| What is body-building food? Name some sources of it. | |
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| | |
| Aditya is down with viral. Which type of food should he eat me | ore and why? |
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| What are protective foods? Name t | cheir sources. |
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| What is roughage and how does it I | help in the proper functioning of the digestive system? |
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| | |
| What is digestion? | |
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| | |
| Why do starchy foods like breads an | nd rice taste sweet after we chew them? |
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| Why is preserving food important? | |
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| illat are the vari | ous ways of preserv | ing lood: | | |
|--------------------|---------------------|-----------|-----|--|
| | | | | |
| | | | | |
| | | | | |
| ame some sour | ces of roughage. | | | |
| | | | | |
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| | | | 20 | |
| | | | (%) | |
| | | | 10. | |

Label the diagram:-



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