

## Food and Digestion

### The Achiever's Sheet

#### Think and answer: -

- Fats give us more energy than starch. Yet we should not eat too much fat. Why?
- How does roughage help in the proper functioning of the digestive system?
- Which five things help in digesting food?
- Why is it important to chew food thoroughly before swallowing? Explain the role of chewing in the digestion process and its impact on overall health.
- How does the digestive system convert food into nutrients that our body can use? Describe the journey of food through the digestive tract, highlighting key organs and their functions.
- Imagine a scenario where someone skips meals regularly. What consequences might this have on their digestion and overall health? Provide logical reasons based on the importance of regular meals and balanced nutrition.
- Discuss the differences between soluble and insoluble fiber in food. How does each type of fiber contribute to digestive health? Provide examples of foods rich in each type of fiber.
- Explain why it's important to maintain a balanced diet that includes proteins, carbohydrates, fats, vitamins, and minerals. How do these nutrients support different functions in the body, including digestion and growth?
- Explain the importance of drinking water for digestion. How does water help break down food, aid in nutrient absorption, and prevent digestive problems like constipation?