

**SUBJECT- EVS**

**CLASS- V**

### Topic- Digestion of Food

*Learn and write the following question answer-*

#### **Q1. List any 3 important functions of food.**

A1. The important functions of food are (any three) —

- (a) It gives us energy.
- (b) It helps us grow.
- (c) It repairs damaged body parts.
- (d) It makes our bones and muscles strong.
- (e) It keeps us fit and healthy.

#### **Q2. Write the function of saliva.**

A2. Saliva mixes the food in the mouth and converts starch present in the food into glucose.

#### **Q3. What happens to the food in the stomach, small intestine, large intestine?**

A3. When the food is—

(a) In the stomach: In the stomach, the food is churned and mixed with several digestive juices produced by the walls of the stomach. These juices further break the food.

(b) Inside the small intestine: More digestive juices from the liver and pancreas are added in the small intestine. These juices mix with the food and convert it into simple, soluble substances. The process of digestion is completed in the small intestine. The blood vessels in the walls of the small intestine absorb the digested food.

(c) Inside the large intestine: The large intestine is much wider and shorter than the small intestine. It absorbs water from the food wastes and carries it to the kidneys. This water from the kidneys goes out of the body as urine. The remaining solid waste is collected in the rectum

and goes out of the body as stool.

**Q4. Why is a glucose drip given to a patient suffering from dehydration or weakness due to illness, stress or surgery?**

A4. A glucose drip is given to a patient suffering from dehydration or weakness due to illness, stress or surgery because it gives instant energy to the patient. A glucose solution (contained in a plastic bottle) is directly injected into the patients blood through a drip called glucose drip. Our body converts glucose into energy and uses it to perform various activities.

Classify the following food items as they are required by our body in:

(i) least amount	(ii) small amount	(iii) moderate amount		
(iv) large amount	(v) largest amount			
(a) milk	(b) spinach	(c) ghee	(d) chapati	(e) dal (pulses)
(f) fish	(g) oil	(h) carrot	(i) sweets	(j) fruits
(k) rice	(l) meat	(m) water		

**Q5.**

A5. Food items as they are required by our body—

- milk – small amount
- ghee – small amount
- dal – large amount
- oil – least amount
- sweets – least amount
- rice – large amount
- water – largest amount
- spinach – moderate amount
- chapati – large amount
- fish – small amount
- carrot – moderate amount
- fruits – moderate amount
- meat – small amount

**Q6. Explain the following terms: (a) balanced diet (b) digestion (c) food pyramid.**

A6. Balanced diet: A diet that contains the right amount of all the necessary nutrients (i.e. carbohydrates, fats, proteins, vitamins and minerals), water and roughage is called a balanced diet.

Digestion: The breakdown of complex food into simple soluble substances that are absorbed by the body is called digestion.

Food pyramid: A food pyramid is a diagrammatic representation that tells us what and how

much we should eat.

**Q7. (a) Why does our body need iron?**

**(b) What are the symptoms of anaemia?**

**(c) Why do anaemic patients feel extreme tiredness?**

A7. (a) Our body needs iron to produce haemoglobin present in the red blood cells of our blood. Haemoglobin carries oxygen from the lungs to different parts of the body and this oxygen is needed for the breakdown of digested food to produce energy.

(b) The symptoms of anaemia are as follows—

(i) As less amount of oxygen reaches the body cells, it leads to reduced production of energy and thus, we feel tired.

(ii) Extreme weakness

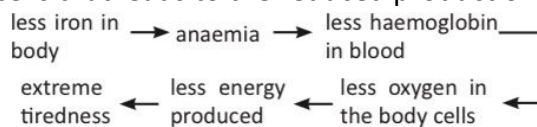
(iii) Difficulty in concentrating on studies and work.

(iv) Shortness of breath while climbing staircases or doing hard work.

(v) Headaches and dizziness.

(vi) Dry and damaged hair and skin.

(c) When we do not take enough iron in our diet, it leads to an iron deficiency disease in our body called anaemia. Anaemic patients feel extreme tiredness because less oxygen reaches the body cells that leads to the reduced production of energy.



**Q8. Take a piece of chapati and keep chewing it in the mouth, for a long time. After some time, we find that it tastes sweet, Why?**

A8. On chewing a piece of chapati for some time, it tastes sweet because the digestive enzymes present in the saliva break down some of the carbohydrates in the chapati into a simple substance called maltose. Maltose changes into glucose after digestion. Since glucose is sweet, it makes the chapati taste sweet.

**Q9. Every child in school is provided with a tablet of albendazole free of cost. Why?**

A9. Every child in school is provided with a tablet of 'Albendazole' free of cost because it helps in controlling worms. Due to worm control, children will not fall ill frequently.

**Q10. The government conducts mass programmes to spread awareness about prevention and entry of worms in our body. How can we prevent worms from entering our body?**

A10. Government has made mass programmes to spread awareness about prevention and entry of worms in our body, so that we remain healthy and do not fall ill frequently. We can control and prevent worms from entering our body by following these healthy habits like—

- (a) use clean toilets
- (b) always wear shoes/slippers to avoid contact with the soil
- (c) wash the fruits and vegetables with clean water thoroughly before using them
- (d) cook vegetables with clean water
- (e) keep the nails trimmed and clean
- (f) wash hands with soap and water after defecation and before having food
- (g) avoid raw fish and meat
- (h) drink clean and pure water only

We should eat a tablet called 'Albendazole' provided by the school. This tablet helps in controlling worms.