

परमाणु ऊर्जा शिक्षण संस्था, मुंबई

Atomic Energy Education Society

Session : 2023 -24

Class : V

Subject: EVS

LESSON 3 From Tasting to Digesting

I] Circle the food items that : (1 mark each)

- | | | | | |
|--------|------------------------------------|-------------------|--------------|----------------|
| (i) | tastes salty
Eggs | Cooked vegetables | Fish | Raw vegetables |
| (ii) | tastes sweet
Curds | Tomatoes | Jaggery | Milk |
| (iii) | tastes sour
Bread | Tamarind | Cashew | Sugar |
| (iv) | tastes bitter
Potato | Spinach | Bitter gourd | Amla |
| (v) | tastes spicy
Eggs | Gulab Jamun | Chilli | KajuKatli |
| (vi) | gives instant energy
Chicken | Bread | Glucose | Rice |
| (vii) | gives good health
Bread | Apple | Cake | Pizza |
| (viii) | helps in growth and repair
Milk | Burger | Cheese | French Fries |
| (ix) | Junk Food
Roti | Momos | Cake | Pizza |
| (x) | Proper Food
Pani-puri | Ragda-pattice | Dal-Rice | Milk-shake |

II] Fill in the blanks with correct words from the box given below: : (1 mark each)

salt, sugar, jaggery, lime, junk food, proper food, chew, gulp, glucose, Beaumont, Martin, smell, hunger, energy, 30c, Oral Rehydration Solution

- (i) Our _____ changes our mood.
- (ii) We should eat food slowly and _____ it well.
- (iii) The temperature of our stomach is about _____
- (iv) Glucose gives _____ to our body immediately.
- (v) Full form of ORS is _____
- (vi) A _____ drip is given to a patient for instant energy.
- (vii) The food that can cause harm to our health is called as _____
- (viii) Dr. _____ found that food is digested in the stomach by an acidic juice.
- (ix) One should be given a _____ and _____ solution when one has loose motion and vomiting.
- (x) The food that is needed for proper growth and development of a child is called _____.

III] Give Reasons : (2 marks each)

- (i) Sometimes people hold their nose before taking a medicine.

- (ii) We cannot taste food properly when we have a cold.

- iii) Glucose is given to sports person during games and sports.

IV] Answer in brief:

(3 marks each)

(i) What is digestion? What helps the process of digestion?

ii) What is malnutrition? Why do some children do not get proper food in our country?

iii) What are taste buds? Which taste could be made out on which part of the tongue?

V] Draw the digestive system of human body and label its different parts: (5 marks)
