

PRACTICE WORKSHEET 1: FROM TASTING TO DIGESTING | CLASS 5 ENVIRONMENTAL STUDIES

Multiple Choice Questions

1. Which part of the tongue is most sensitive to sweet taste?
 - a. Front
 - b. Back
 - c. Sides
 - d. Middle
 2. What is the role of saliva in digestion?
 - a. It helps in chewing food.
 - b. It breaks down food chemically.
 - c. It turns food into gas.
 - d. It has no role in digestion.
 3. Why is glucose drip given to sick people?
 - a. To reduce pain
 - b. To provide quick energy
 - c. To help them sleep
 - d. To reduce fever
 4. What kind of taste does tamarind have?
 - a. Sweet
 - b. Bitter
 - c. Sour
 - d. Salty
 5. What was the main discovery of Dr. Beaumont from his experiments on digestion?
 - a. Food digests faster outside the stomach.
 - b. The stomach churns food and contains acidic juices for digestion.
 - c. Digestion only occurs at high temperatures.
 - d. The stomach has no role in digestion.
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Fill in the Blanks

1. The _____ on the tongue helps in identifying different tastes.
 2. _____ gives quick energy to the body and is given to athletes and sick people.
 3. Food digestion starts in the _____ with the help of saliva.
 4. _____ is a solution of sugar, salt, and water used to treat dehydration.
 5. The stomach produces _____ juice, which helps in digestion.
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True or False

1. The stomach only churns food but does not release any juices for digestion. (True/False)
 2. All parts of the tongue can sense the same tastes equally. (True/False)
 3. Glucose is found in soft drinks and gives instant energy. (True/False)
 4. Digestion slows down when a person is sad or upset. (True/False)
 5. Eating food quickly helps in better digestion. (True/False)
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Short Questions

1. What are the four main tastes our tongue can detect?
 2. Why is it important to chew food properly before swallowing?
 3. What is the role of saliva in the process of digestion?
 4. How does the body signal hunger, and what happens if we don't eat for a long time?
 5. Why did Dr. Beaumont perform experiments on digestion, and what did he discover?
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Long Questions

1. Describe the process of digestion from the time food enters the mouth until it reaches the stomach.
 2. Discuss the importance of proper food and its effects on children's health with examples of Rashmi and Kailash.
 3. Explain how the tongue helps in tasting food, and why different parts of the tongue sense different tastes.
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Answer Key

Multiple Choice Questions

1. a. Front
 2. b. It breaks down food chemically.
 3. b. To provide quick energy
 4. c. Sour
 5. b. The stomach churns food and contains acidic juices for digestion.
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Fill in the Blanks

1. Taste buds
 2. Glucose
 3. Mouth
 4. Oral rehydration solution (ORS)
 5. Acidic
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True or False

1. False
 2. False
 3. True
 4. True
 5. False
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Short Questions

1. Sweet, salty, sour, and bitter.
 2. Chewing food properly breaks it into smaller pieces and mixes it with saliva, which helps in digestion.
 3. Saliva contains enzymes that start breaking down food into simpler substances.
 4. The body signals hunger through weakness, headache, or fatigue. If we don't eat, the body becomes weak, and digestion slows.
 5. Dr. Beaumont wanted to understand how food is digested in the stomach. He discovered that the stomach churns food and releases acidic juices to aid digestion.
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Long Questions

1. Digestion begins in the mouth, where food is chewed and mixed with saliva. It then travels down the esophagus to the stomach, where it is churned and mixed with acidic digestive juices to break it down further.
2. Rashmi, who lacks proper nutrition, becomes weak and sick, while Kailash, who eats unhealthy food, faces obesity and health problems. Proper food is essential for energy, growth, and overall health.
3. The tongue has taste buds that detect sweet at the front, sour on the sides, and bitter at the back. It helps identify flavors, enhancing our eating experience and aiding digestion.