

PRACTICE WORKSHEET 2: FROM TASTING TO DIGESTING | CLASS 5 ENVIRONMENTAL STUDIES

Multiple Choice Questions

1. What does saliva do to food during digestion?
 - a. It makes food spicy
 - b. It helps break down food into simpler substances
 - c. It turns food bitter
 - d. It does not affect food
 2. Which taste is sensed at the back of the tongue?
 - a. Sweet
 - b. Sour
 - c. Salty
 - d. Bitter
 3. What happens if we chew food thoroughly before swallowing?
 - a. It becomes harder to digest
 - b. It gets mixed with saliva, aiding digestion
 - c. It loses its taste
 - d. It gets stuck in the throat
 4. What does the term "glucose drip" mean?
 - a. A medicine for stomach pain
 - b. A quick way to provide energy and water to the body
 - c. A sugary drink for energy
 - d. A food supplement for athletes
 5. How does the body react when we are very hungry?
 - a. We feel energetic
 - b. We feel weak and tired
 - c. We don't notice any changes
 - d. The stomach stops working
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Fill in the Blanks

1. _____ is the primary organ where food is churned and mixed with digestive juices.
 2. The _____ on our tongue help us sense different tastes.
 3. _____ is a chemical in our stomach that helps digest food.
 4. _____ is a solution made from sugar, salt, and water to treat dehydration.
 5. Chewing food properly helps it mix with _____ in the mouth.
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True or False

1. Our tongue has specific areas to sense sweet, salty, sour, and bitter tastes. (True/False)
 2. Saliva does not play any role in digestion. (True/False)
 3. Eating too quickly can lead to improper digestion. (True/False)
 4. Glucose can only be given to sick people through a drip. (True/False)
 5. The stomach produces digestive juices that are acidic in nature. (True/False)
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Short Questions

1. What happens to food when we chew it properly?
 2. Why does the stomach produce acidic juices, and what do they do?
 3. What is the role of the tongue in helping us taste food?
 4. Why do doctors sometimes give glucose drips to patients?
 5. What happens when a person does not eat or drink water for two days?
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Long Questions

1. Explain how food is digested in the stomach and the role of stomach juices in this process.
 2. Why is eating proper food essential for children? Use the examples of Rashmi and Kailash to support your answer.
 3. Discuss the importance of chewing food properly and the role of saliva in the digestion process.
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Answer Key

Multiple Choice Questions

1. b. It helps break down food into simpler substances
 2. d. Bitter
 3. b. It gets mixed with saliva, aiding digestion
 4. b. A quick way to provide energy and water to the body
 5. b. We feel weak and tired
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Fill in the Blanks

1. Stomach
 2. Taste buds
 3. Acid
 4. Oral Rehydration Solution (ORS)
 5. Saliva
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True or False

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

1. When we chew food properly, it breaks into smaller pieces and mixes with saliva, which helps in digestion.
 2. The stomach produces acidic juices to break down food into simpler substances and absorb nutrients.
 3. The tongue detects different tastes through its taste buds, helping us enjoy and identify flavors.
 4. Glucose drips are given to provide quick energy and hydration to patients who cannot eat or drink.
 5. Without food and water for two days, a person feels weak, tired, and dehydrated.
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Long Questions

1. The stomach churns food and mixes it with acidic juices that help break down food. These juices turn food into a semi-liquid form for absorption in the intestines.
2. Rashmi lacks proper nutrition, leading to weakness and poor health. Kailash eats junk food, causing obesity. Proper food provides energy, aids growth, and prevents diseases.
3. Chewing food properly breaks it down and mixes it with saliva, starting the digestion process. Saliva contains enzymes that help convert food into simpler substances for easier digestion.