

PRACTICE WORKSHEET 3: FROM TASTING TO DIGESTING | CLASS 5 ENVIRONMENTAL STUDIES

Multiple Choice Questions

1. Which part of the tongue detects sour taste?
 - a. Front
 - b. Back
 - c. Sides
 - d. Middle
 2. What does saliva contain that helps in digestion?
 - a. Acid
 - b. Enzymes
 - c. Sugar
 - d. Salt
 3. Why is chewing food properly important?
 - a. It makes the food taste sweeter.
 - b. It helps mix food with saliva for digestion.
 - c. It makes food harder to swallow.
 - d. It keeps the mouth busy.
 4. What type of solution is given to someone suffering from dehydration?
 - a. Lemon juice
 - b. Oral Rehydration Solution (ORS)
 - c. Vinegar
 - d. Saltwater
 5. What happens when you eat food too quickly without chewing properly?
 - a. It tastes sweeter.
 - b. It digests faster.
 - c. It becomes harder to digest.
 - d. It turns sour in the stomach.
-

Fill in the Blanks

1. _____ is the process of breaking down food into smaller, absorbable parts.
 2. The taste buds on our tongue help us detect _____, sour, salty, and bitter tastes.
 3. _____ is a sugar that provides instant energy and is often found in energy drinks.
 4. The acidic juice in the stomach helps _____ food.
 5. Chewing food properly helps it mix with _____ in the mouth.
-

PRACTICE WORKSHEET 3: FROM TASTING TO DIGESTING | CLASS 5 ENVIRONMENTAL STUDIES

True or False

1. The back of the tongue is sensitive to sweet tastes. (True/False)
 2. Glucose is used to provide quick energy to athletes and sick people. (True/False)
 3. Saliva contains enzymes that begin the digestion of food in the mouth. (True/False)
 4. Eating too quickly can lead to better digestion. (True/False)
 5. Drinking water regularly helps maintain proper digestion. (True/False)
-

Short Questions

1. What happens to food when it mixes with saliva?
 2. Why do we feel weak and tired when we don't eat for a long time?
 3. What is Oral Rehydration Solution (ORS), and when is it used?
 4. How does the tongue help us enjoy different tastes?
 5. Why is it important to drink enough water every day?
-

Long Questions

1. Explain the process of digestion from the mouth to the stomach, including the role of saliva and stomach juices.
 2. How does improper eating, like skipping meals or eating junk food, affect our health? Provide examples to explain.
 3. Discuss how chewing food thoroughly helps in digestion and why it is important for maintaining good health.
-

PRACTICE WORKSHEET 3: FROM TASTING TO DIGESTING | CLASS 5 ENVIRONMENTAL STUDIES

Answer Key

Multiple Choice Questions

1. c. Sides
 2. b. Enzymes
 3. b. It helps mix food with saliva for digestion.
 4. b. Oral Rehydration Solution (ORS)
 5. c. It becomes harder to digest.
-

Fill in the Blanks

1. Digestion
 2. Sweet
 3. Glucose
 4. Digest
 5. Saliva
-

True or False

1. False
 2. True
 3. True
 4. False
 5. True
-

Short Questions

1. When food mixes with saliva, it begins to break down chemically, making it easier to swallow and digest.
 2. When we don't eat for a long time, our body lacks energy, leading to weakness and tiredness.
 3. ORS is a mixture of sugar, salt, and water used to treat dehydration caused by vomiting or diarrhea.
 4. The tongue detects sweet, sour, salty, and bitter tastes, enhancing our eating experience.
 5. Drinking enough water helps in digestion, prevents dehydration, and maintains overall body function.
-

PRACTICE WORKSHEET 3: FROM TASTING TO DIGESTING | CLASS 5 ENVIRONMENTAL STUDIES

Long Questions

1. Digestion starts in the mouth, where food is chewed and mixed with saliva containing enzymes. It then moves through the esophagus to the stomach, where stomach juices break it down further for absorption in the intestines.
2. Skipping meals deprives the body of energy, while eating junk food causes obesity and poor nutrition. Examples include Rashmi's weakness due to lack of proper meals and Kailash's obesity from junk food.
3. Chewing food thoroughly helps break it into smaller pieces, mixes it with saliva for digestion, and reduces the workload on the stomach. This ensures better absorption of nutrients and prevents digestive problems.