

Chapter- 1

Food and Digestion

WORKSHEET**I. Choose the correct answer.**

1. Carbohydrates/ Proteins/ Vitamins help us to grow. _____
2. Digestion starts in the food pipe/ stomach/ mouth. _____
3. Rice, wheat, banana, potatoes are rich in fats/ carbohydrates/ proteins.

4. Calcium, potassium, sodium, iodine and iron are proteins/ vitamins/ minerals.

5. The digestion is completed in the stomach/ small intestine/ large intestine.

II. Fill in the blanks.

1. Our body cannot digest _____.
2. _____ help our body to fight diseases.
3. The solid waste is thrown out of the body through the _____.
4. The _____ takes the food from the mouth to the stomach.
5. _____ is the fibre present in our food which is necessary for the proper functioning of the digestive system.

III. Give answer in one word.

1. The digestive liquid secreted by the salivary glands. _____
2. The process of treating food in a way that preserves its values for a long time.

3. The opening through which the semi solid waste is passed out of the body.

4. Foods that are rich in proteins. _____

5. Food contains substances which provide nourishment to the body. _____

IV. Label the diagram given below.

