

WELCOME TO THE ONLINE CLASS

SESSION NO.: 6

CLASS: 4

SUBJECT: SCIENCE

CHAPTER NUMBER: 1

CHAPTER NAME: FOOD AND DIGESTION

**SUB TOPIC: DIGESTION OF FOOD: LARGE INTESTINE, ANUS,
SOME TIPS FOR PROPER DIGESTION**

CHANGING YOUR TOMORROW

LEARNING OBJECTIVE

To enable the learner to:

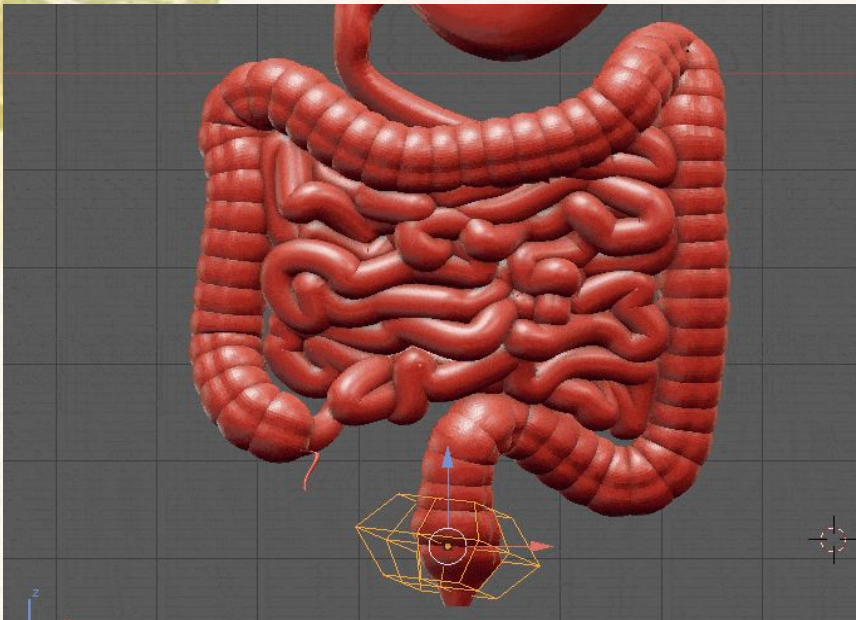
- to describe the different stages of digestion.
- to know the different function of different organs involved in the process of digestion.

WARM UP

- 1. What is the function of blood vessels in the walls of small intestine?**
- 2. Name the organs which brings digestive juices into the small intestine.**
- 3. What happens to the food in our stomach?**
- 4. Where does the digestion ends?**

THE UNDIGESTED FOOD GOES TO:

- **LARGE INTESTINE**



DOES ALL FOOD DIGEST?

- Have you ever thought about the food which does not digest.
- If not then, where does it goes?



LARGE INTESTINE

- The long , tube like organ that is connected to the small intestine at one end and the anus at the other.
- The undigested food passes into it.
- The blood vessels in the walls of the large intestine absorb the extra water.
- In humans, the large intestine is about 1.5 metres.

LET US UNDERSTAND THE FUNCTION OF LARGE INTESTINE :

- The purpose of large intestine is to absorb water and salts from the material that has not been digested as food ,and get rid of any waste products left over.
- By the time food mixed with digestive juices reaches your large intestine, most digestion and absorption has already taken place.

WHAT HAPPENS WHEN WE DO NOT DRINK ENOUGH WATER?

- Constipation symptoms can occur which include stomach cramps and feeling tired.
- Stool can get dry and hard.
- Urge to move bowels again immediately after following a bowel movement.

ANUS

- The anus is an opening at the end of the alimentary canal through which solid waste matter leaves the body.



ROLE OF FIBRE

- Fibre helps to keep the tract of digestion smooth by soft bowel movement.
- Food rich in fibre are vegetables , fruits seeds and cereals.



FOOD GOOD FOR DIGESTION ARE:



IF FOOD IS NOT DIGESTED PROPERLY THEN:

- **We may suffer from bloated stomach.**
- **The uneasiness could make the condition worse which may also lead to pain and discomfort.**
- **Harden stool or a solid mass can cause nausea and vomiting.**

SOME TIPS FOR PROPER DIGESTION OF FOOD:

- **Have your food at fixed hours.**
- **Chew your food well before swallowing.**
- **Eat lots of green vegetables and fruits.**
- **Do not overeat.**
- **Drink plenty of water.**

SUMMARY

- The undigested food passes into the large intestine.
- The purpose of large intestine is to absorb water and get rid of any waste products left over.
- Anus is an opening at the end of the alimentary canal through which solid waste matter leaves the body.
- The semi solid waste is passed out through the anus when we go to the toilet.
- Food rich in fibre helps in smooth digestion process.

QUIZ
TIME

NOTES

Date

Subject

1. Where does undigested food goes?

ANS: Large intestine

The background of the slide is a light cream color with a subtle, repeating pattern of lemons and citrus slices. The lemons are in various shades of yellow and orange, some whole and some sliced to show the internal segments. There are also green leaves and smaller citrus slices scattered throughout the design.

2. How does extra water gets absorbed in large intestine?

ANS: The blood vessels in the walls of the large intestine absorb the extra water.

3. How does waste pass out from our body?

ANS: Anus

WRITE THE SHORT ANSWERS

1. Why do we need food?

Ans: We need food because:

- a. food helps us to grow and stay alive.
- b. it provides us energy to work, play, study and do other activities
- c. it keeps us fit and healthy.

2. Name any three food items which contain starch.

Ans: Three food items which contain starch are rice, wheat and potato.

3. Name any four sources of vitamins and minerals.

Ans: Four sources of vitamins and minerals are fresh fruits, vegetables, meat and fish.

4. What is a balanced diet?

Ans: A diet that contains all the nutrients in right amount including water and roughage is known as balanced diet.

5. Where does the digested food enter from the stomach?

Ans: The digested food enters the small intestine from stomach.

ANSWER THE FOLLOWING QUESTIONS:

Q1. What happens to the food in the mouth?

Ans: The food in the mouth is broken down into simpler pieces by our teeth and mixes with the saliva which helps in changing the insoluble starch in food into soluble sugar.

Q2. What is the function of the small intestine?

Ans: The function of small intestine is:

- a. Food is mixed with some more digestive juices produced by the walls of intestine, liver and pancreas and completely digested in small intestine.
- b. The blood vessels present in the walls of small intestine absorb the digested food and distribute it to all parts of the body

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HOMework

1. Write down the questions of Q.No. A, B, C of page No.13 and 14

LEARNING OUTCOME

The learner will be able :

- to describe the different stages of digestion.
- to know the different function of different organs involved in the process of digestion.

The background features a light cream-colored textured surface. It is decorated with various illustrations of lemons and citrus slices in shades of yellow, orange, and green. Some lemons are whole, while others are sliced to show the internal segments. There are also green leaves and circular patterns resembling citrus cross-sections scattered throughout.

THANKING YOU
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