

(A) Tick (✓) the correct option :-

- (1) — (i) mouth
- (2) — (ii) anus
- (3) — (i) digestive juices
- (4) — (i) Junk food.

(B) Fill in the blanks :-

- (1) — Organs
- (2) — Saliva
- (3) — Stomach
- (4) — digestion
- (5) — Urinary bladder.

(C) Write 'T' for True and 'F' for false.

- (1) — F
- (2) — T
- (3) — T
- (4) — F
- (5) — T
- (6) — T

(D) Match the following → (straight to straight)

- (1) Liver — Bile
- (2) Large intestine — absorb water
- (3) Undigested food — Cause Constipation
- (4) Fibre-rich food — Oats and beans
- (5) Urethra — release urine.

(E) Name the following :-

- (1) — Saliva
- (2) — Food pipe (or - Esophagus)
- (3) — Rectum
- (4) — Kidneys
- (5) — ~~bladder~~ Ureter .

(F) Answer the following questions :-

(1) What is digestion? Name the organs of the digestive system.

Ans:- The process by which food is broken down into a simpler form so that it can be easily absorbed by our body is called digestion.

The mouth, food pipe, stomach, small and large intestines, liver, rectum and anus are the main organs of the digestive system.

(2) What happens to the food in the small intestine?

Ans:- A digestive juice called bile pours into the small intestine from the liver.

Some digestive juices are produced by pancreas too. Digestion is completed in the small intestine and the useful nutrients from the food are absorbed into blood.

(3) Write the functions of any two organs of the excretory system.

Ans :- Kidneys :- Urine is formed inside the kidneys. They filter and absorb the waste from blood and release it in the form of urine.

Ureters :- They transport urine from the kidneys to the urinary bladder.

(4) Why is drinking water essential for our digestive system?

Ans :- Because without sufficient water, absorption of food and nutrients in the intestine will not be proper. It also helps in the removal of solid wastes from our body.

(5) List five healthy eating habits which lead to good digestion.

Ans :- Five healthy eating habits which lead to good digestion :-

(i) Wash your hands properly both before and after eating food.

(ii) Do not drink a lot of water while eating.

(iii) Eat food rich in fibre.

(iv) We should chew the food properly.

(v) We should take a balanced diet.

(6) Draw a well labelled diagram of the digestive system.

