

Environmental Studies

Class - Five

Chapter - 3

From Tasting To Digesting

Q.1 How do we taste foods?

Ans :- We taste foods mainly by our tongue but sometimes we can also guess it by its smell.

Q.2. How can we taste foods by our tongue?

Ans :- There are many small red dots like structure spread on our tongue. With the help of these taste buds we are able to taste different food items.

Q.3. Name the different parts of our tongue where we can taste different food items.

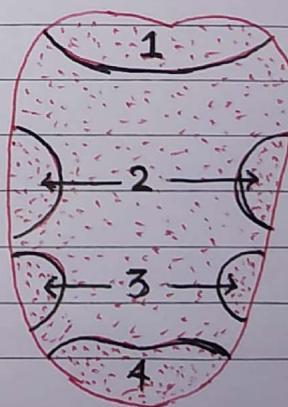
Ans :- Different types of taste buds are located at the different parts of our tongue which help us to taste different food items. The areas are given below :-

1. The innermost part of our tongue is responsible for 'Bitter' taste.

2. This area is responsible for 'Sour' taste.

3. This area is responsible for 'Salty' taste.

4. The front area is responsible for 'Sweet' taste.



[our tongue and its different taste areas.]

Q.4. How do you come to know that you are hungry?

Ans: When we are hungry we feel a mild pain in our stomach and we also feel tired as well as lack of energy.

Q.5. Would you be able to manage without drinking water for two days? Where do you think the water that we drink goes?

Ans: No, we can't manage without drinking water for two days. The water that we drink goes inside our stomach, mixes with our food and after that mixes in our blood with nutrients and spread throughout our body.

Q.6. Have you ever tasted glucose? How does it taste?

Ans: Yes, I have tasted glucose. It tastes sweet.

Q.7. Have you or anyone in your family been given a glucose drip? When and why?

Ans: Yes, one of my family members had been given a glucose drip because he was completely dehydrated due to vomiting and loose motions.

Q.8. Why do you think Rashmi could eat only one roti in the whole day?

Ans: I think Rashmi could eat only one roti in the whole day because her parents were very poor and could not manage much food for her.

Q.9. Do you think Kailash would like games and sports?

Ans: No, Kailash would not like games and sports because he is very fatty.

Q.10. what do you understand by proper food?

Ans: The proper food means the food which we need to grow and develop properly. This type of food contains all the essential nutrients like carbohydrate, protein, vitamins, fats, minerals, roughage etc.

Q.11. Why do you think that the food of Rashmi and Kaitash was not proper?

Ans: This is why because the food taken by both does not contain all the essential nutrients and so the growth and development of both was not proper.

Q.12. Why can you not taste food properly when you have a cold?

Ans: we can't taste food properly when we have a cold because in this situation we are unable to smell the food properly.

Q.13. If we were to say that "digestion begins in the mouth"; how would you explain this. write.

Ans: Digestion really begins in the mouth because when we chew the food with our teeth, it breaks into smaller pieces and the saliva which comes out from our salivary glands, located beneath our tongue, mixes in our food and makes it digestable.

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