

LORD BUDDHA NATIONAL PUBLIC SCHOOL  
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CLASS - 4<sup>th</sup>

SUBJECT - Science

CHAPTER - 2 - Digestion of food

DATE - 13/4/2020 to 18/4/2020

TOPIC - Digestion

Digestion -

The breaking down of food into simpler form to release energy is called digestion.

The food we eat can not be directly used by our body to get energy. The food must be broken down into small and simple pieces.

Human Digestive System -

In human beings, food is digested in the food canal, also known as alimentary canal.

The aliment canal starts from mouth and ends at anus.

Alimentary canal consists of mouth, food pipe, stomach, small intestine, large intestine and anus.

## Mouth -

Digestion of food starts in the mouth. Teeth chew the food. Saliva mixes with the food and converts starch into sugar. Saliva is secreted by salivary glands.

## Food Pipe -

Food from the mouth goes to the stomach through food pipe. Food pipe is also known as oesophagus.

## Stomach -

Stomach is a hollow muscular bag. The food mixes with digestive juices secreted by the walls of stomach and gets converted into simple soluble form.

## Small Intestine :-

From the stomach, the food comes into the small intestine which is a long, coiled tube. Two glands liver and pancreas help the small intestine in digestion.

of food.

(i) Liver -

Liver secretes bile juice that breaks down fat.

(ii) Pancreas -

Pancreas produces insuline juice that helps to digest carbohydrates, fats and proteins.

The small intestine produces some intestinal juices that help in complete digestion of food.

(iii) Villi -

The digested food is absorbed by the minuted projections present in the walls of the small intestine called villi which transfer this to all parts of the the body.

Large Intestine -

Undigested food comes to the large intestine. Here extra water and important minerals get absorbed from the undigested

food. The left over waste product  
converts into faeces.

Anus -

The waste product from  
the large intestine comes to  
rectum and is thrown out  
through anus.

Good Eating Habits -

- > Eat a balanced diet
- > Chew your food well.
- > Eat at fixed time interval.
- > Drink at least 8-10 glasses  
of water a day.
- > Avoid eating junk food.
- > Do not over eat.
- > Do not talk or watch television  
while eating.

## H.W.

✓ A) Tick (✓) the right answer.

✓ 1) Digestion of food begins in the

✓ a) stomach      ✓ b) intestines      ✓ c) mouth

✓ 2) Bile juice is secreted by -

✓ a) Liver      ✓ b) salivary glands      ✓ c) pancreas

✓ 3) Digestion of food completes in the

✓ a) Large intestine      ✓ b) small intestine  
✓ c) stomach

✓ B) Fill in the blanks -

✓ i) Saliva converts starch into \_\_\_\_\_

✓ ii) Digested food is absorbed by \_\_\_\_\_.

✓ iii) Food passes from the mouth to the stomach through \_\_\_\_\_.

c) Match the following.

- |                        |                    |
|------------------------|--------------------|
| 1) Saliva              | a) Small intestine |
| 2) Digestive juices    | b) Large intestine |
| 3) Bile                | c) Stomach         |
| 4) Intestinal juices   | d) Salivary glands |
| 5) Absorption of water | e) Liver           |

D) Short answer question.

- i) What is digestion?
- ii) How does saliva help in digestion of food?
- iii) What is the function of food pipe?
- iv) List the parts of the digestive system.
- v) In which form is food removed from the body?

(E) Long answer question.

(i) List any five good eating habits.

(ii) Write the function of the following.

(a) Liver

(b) Pancreas