

NCERT SOLUTIONS

CLASS - 5th



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Class : 5th
Subject : Environmental Studies
Chapter : 3
Chapter Name : From Tasting to Digesting

Q1 Jhoolan's mouth started watering when she heard the word Imli . When does your mouth water? List five things you like to eat and describe their taste.

Answer. My mouth waters when I see something of my taste, especially spicy foods. List of five things of my liking and their taste:

Things	Taste
Chat	Sour-sweet
Samosa	Salty-spicy
Pickles	Sour
Ice-Cream	Sweet
Chocolate	sweet

Page : 23 , Block Name : Discuss And Write

Q2 Do you like only one kind of taste or different ones? Why?

Answer. I like different types of taste because I get bored of only one kind of taste.

Page : 23 , Block Name : Discuss And Write

Q3 Jhoolan put a few drops of lemon Juice in Jhumpa's mouth. Do you think we can make out the taste with Just a few drops?

Answer. Yes. A few drops of sour things like lemon is enough to make out the taste.

Page : 23 , Block Name : Discuss And Write

Q4 If someone were to put a few seeds of saunf (aniseed) on your tongue, would you able to tell with your eyes closed? How?

Answer. Perhaps it is because even if we do not taste, we can recognize it by its smell.

Page : 23 , Block Name : Discuss And Write

Q5 How did Jhumpa make out the fried fish? Can you guess the names of certain things only by their smell, without seeing or tasting them? What are these things?

Answer. Jhumpa made out the fried fish by its smell. We can, of course, guess some things only by their smell, without seeing or tasting them providing they have a strong smell. For example, egg, orange, lemon, curd, sweets, samosa, etc.

Page : 24 , Block Name : Discuss And Write

Q6 Has anyone ever told you to close your nose before taking medicine? Why do you think they tell you to do this?

Answer. We get the complete taste of food only when we are able to smell So, sometimes we are told to close our nose before taking a medicine which does not taste good.

Page : 24 , Block Name : Discuss And Write

Q1 Collect a few food items having different kinds of taste. Play a game with your friends like Jhumpa and Jhoolan did. Tell your friend to taste the food and ask- How did it taste? What was the food item ?

Answer. The taste was sweet. The food item was sugar. (Suppose sugar is given)

Page : 24 , Block Name : Close Your Eyes And Tell

Q2 On which part of the tongue could you get the most taste-in front, at the back, on the left or side of the tongue?

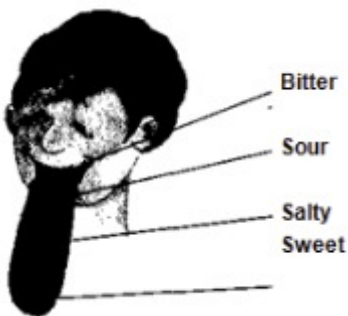
Answer. In front side (Assuming sugar was given).

Page : 24 , Block Name : Close Your Eyes And Tell

Q3 Which taste could be made out on which part of the tongue? Mark these parts on the picture given.



Answer.



Page : 24 , Block Name : Close Your Eyes And Tell

Q4 One at a time put some things to eat in other parts of your mouth under the tongue, on the lips, on the roof of the mouth. Did you get any taste there?

Answer. No, I do not get any taste there.

Page : 24 , Block Name : Close Your Eyes And Tell

Q5 Use a clean cloth to the front part of your tongue so that It Is dry. Put some sugar or Jaggery there. Could you taste anything? Why did this happen.

Answer. No, I could not taste anything. It is because we get the taste only when the fyod mixes up with saliva reaches taste buds on the tongue.

Page : 25 , Block Name : Close Your Eyes And Tell

Q6 Stand In front of a mirror and look closely at your tongue. How does the surface look? Can you see any tiny bumps on the surface?

Answer. The surface looks rough. Yes, I can see tiny bumps on the surface of the tongue.

Page : 25 , Block Name : Close Your Eyes And Tell

Q1 If someone asks you to describe the taste of amla or cucumber, you might find it difficult to explain. How would you describe the taste of these tomatoes, onion, saunf, garlic? Think of words that you know or make up your own words to describe the taste.

Answer.

Food	Taste
Tomato	Sweet-sour and juicy
Onion	Pungent
Saunf	Sweet aromatic
Garlic	Pungent aromatic

Page : 25 , Block Name : Tell

Q2 When Jhumpa tasted some of the things, she said "SSee, ssee, ssee. " ,, What do you think she may have eaten?

Answer. She may have eaten a chili.

Page : 25 , Block Name : Tell

Q3 Why don't you make sounds that describe some tastes? From your expressions and sounds ask your friends to guess what you might think have eaten.

Answer.

Sounds	Food
Yum-yum	Any sweet, ice-cream, etc.
The sound made by Linking something	pickle, tamarind, etc.

Page : 25 , Block Name : Tell

Q1 Has anyone at home told you to eat slowly and to chew well so that food digests properly? Why do you think they say this.

Answer. Yes, my mother often tells me eat slowly and chew well. It is because if the is properly chewed

up, it will digested and we will get its maximum nutrition.

Page : 26 , Block Name : Discuss

Q2 Imagine you are eating something hard like a green guava. What kind of changes take place in It from the time you bite a piece and put It In your mouth to when you swallow It? Think What does the saliva In your mouth do?

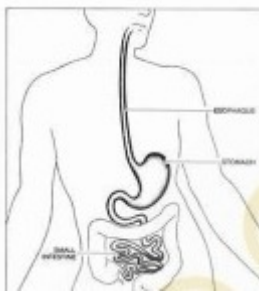
Answer. When I bite a piece of green guava, it is hard and may even taste a bit bitter. However, after chewing properly, it becomes soft and sweet. Saliva makes the food son and also helps in its digestion.

Page : 27 , Block Name : Discuss

Q1 Where do you think the food must be going after you put It in your mouth and swallow It? In the picture given here, draw the path of the food through your body. Share your picture with your friends. Do all of you have similar pictures?



Answer. I think the food we eat would first go to the stomach and then to the intestines.



Page : 27 , Block Name : Straight From The Heart

Q1 How do you feel when you are very hungry? How would you describe it? For example, sometimes we Jokingly say" I am so hungry I could eat an elephant!"

Answer. I feel a bit tired when I am very hungry. Besides I feel an empty sensation in the stomach and want to eat something immediately.

Page : 27 , Block Name : Discuss

Q2 How do you come to know that are hungry?

Answer. When my stomach empty and I have a strong urge to eat A-mething, I come to know that I am hungry.

Page : 27 , Block Name : Discuss

Q3 Think what would If you do not eat anything for two days?

Answer. If I do not eat anything two days, I will become weak and fall ill.

Page : 27 , Block Name : Discuss

Q4 Would you be able to manage without drinking water two days? Where do you think the water that we drink goes?

Answer. No, I will not be able to manage without drinking water for two days. Water is for life. The water we drink is used in various metabolic activities within our body and some water is excreted out of the body through urine and sweat.

Page : 27 , Block Name : Discuss

Q1 Do you remember that in Class IV you made a solution of sugar and salt? Nitu's father also made this and gave her. Why do you think this is given to someone who has vomiting and loose motions?

Answer. The quantity of water, sugar and salt in our body when we have vomiting and loose motions. To replenish this loss a solution of sugar and salt is given.

Page : 28 , Block Name : Talk And Discuss

Q2 Have you heard the word 'glucose' or seen it written anywhere? Where?

Answer. Yes, I have heard the word glucose and seen it written on a glucose packet. I have seen it in various advertisements on TV and in newspapers etc.

Page : 28 , Block Name : Talk And Discuss

Q3 Have you ever tasted glucose? How does it taste? Tell your friends.

Answer. Yes, I have heard the word glucose. It is sweet in taste.

Page : 29 , Block Name : Talk And Discuss

Q4 Have you or anyone in your family been given a glucose drip? When and why? Tell the class about it?

Answer. Yes, once I had vomiting and loose motions. Doctor said my stomach was upset. My body was not keeping any food and water and I became very weak. Then, I was given a glucose drip, which gave me some strength quickly, even without eating.

Page : 29 , Block Name : Talk And Discuss

Q5 Nitu's teacher used to tell the girls to have glucose while they were playing hockey. Why do you think she did this?

Answer. While playing a lot of sweating occurs which causes a loss of water and salt from the body. Also a lot of energy is exhausted. Since a glucose solution provides instant energy that is why the teacher used to tell the girls to have glucose while they were playing hockey.

Page : 29 , Block Name : Talk And Discuss

Q6 Look at Nitu's picture and describe what is happening. How is the glucose drip being given?



Answer. In the picture glucose is given to Nitu. The glucose bottle is hanging on a stand and from there drop by drop glucose is being given using a tube and a needle.

Page : 29 , Block Name : Talk And Discuss

Q7 Imagine If you had been in place of Dr. Beaumon, what experiments would you have done to find out the secrets of our stomach? Write about your experiments?

Answer. If I were in place of Dr. Beaumon, I would have done experiments with milk and milk products. That I would have taken out which digestive juices from Martin's stomach kept equal quantities of these juices in three and in all the three glasses and checked out which digested first. I also have done experiments with types of milk available i.e. full cream, standard toned.

Page : 31 , Block Name : Think And Discuss

Q1 Why do you think Rashmi could eat only one roti In the whole day?

Answer. Rashmi belongs to a poor family. That is why she could eat only one roti in the whole day.

Page : 33 , Block Name : Discuss

Q2 Do you think Kailash would like games and sports?

Answer. No, I think Because if had been interested in Sports, then his body would not fat and flabby.

Page : 33 , Block Name : Discuss

Q3 What do you understand by "Proper" food?

Answer. Proper food means adequate and nutritious food according to one's body requirement.

Page : 33 , Block Name : Discuss

Q4 Why do you think that the food of Rashmi and Kailash was not proper?

Answer. On one hand while Rashmi is not getting adequate quantity of food, on the other, Kailash is taking much more food than his requirement. Further, instead of home-cooked food like dal-rice, vegetables and roti, he is eating chips, burger, pizzas and soft drinks, which are harmful for the body.

Page : 33 , Block Name : Discuss

Q1 Talk with your grandparents or elderly people and find out what they ate and what work they did when they were of your age. Now think about your daily activities and daily diet. Are these similar or different from what your grandparents did ate?

Answer. My grandparents were working much more than what we do today. They used to go to school miles away from their home. They were also doing much physical work like working on fields, kitchen, taking care of cattle, etc. They used to eat dal-rice, green vegetables, roti, milk and milk products. Today

our daily activities and diet are far different from our grandparents. We do very less physical work and prefer chips, burger, pizzas and soft drinks than to home-made foods. We spend most of our time in watching TV and playing.

Page : 33 , Block Name : Find Out

Q1 Do you know any child who does not get enough to eat in the whole day? What are the reasons for this?

Answer. We know that we get a proper taste of a food only when we cannot also smell it. During cold, our nose gets blocked and thus we cannot smell properly. This is why; we cannot taste properly when we have a cold.

Page : 34 , Block Name : Think And Discuss

Q2 Have you ever seen a godown where a lot of grain has been stored? Where?

Answer. I have seen a lot of grain being stored in the godown near by a mandi .

Page : 34 , Block Name : Think And Discuss

Q1 Why can you not taste food properly when you have a cold?

Answer. We know that the sense of smell helps in getting the complete taste of food. In case of common cold, our nose is blocked, which blocks the sense of smell. That is why we are unable to taste food properly in case of cold.

Page : 34 , Block Name : What We Have Learnt

Q2 If we were to say that "digestion begins in the mouth", how would you explain this? Write.

Answer. An enzyme called salivary amylase is found in the saliva of our mouth which breaks down large molecules of carbohydrates into smaller ones. These are easily and quickly absorbed by the intestine when they reach there. Thus, when we chew the food properly, it is digested well. So, it is said that digestion begins in the mouth.

Page : 34 , Block Name : What We Have Learnt