

## DISCUSS AND WRITE

**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:**

Things	Taste
Chocolates	Sweet
Ice-cream	Sweet
Chips	Salty
Pickles	Salty - spicy
Lemon	Sour

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

**Answer:** Tasting only one taste makes me bored so I like tasting different tastes.

**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, with just few drops of sour lemon juice we can make out the taste.

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

**Answer:** Yes, even though we don't taste we can tell by its smell also.

**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 could guess the fried fish only by its smell. Yes, I can guess many things by its smell without even seeing like, egg omelette, fish fry, samosas etc.

**Q6. Has anyone ever told you to hold your nose before taking a medicine? Why do you think they tell you to do this?**

**Answer:** Yes, I have been told to close the nose and take the medicines since if we don't like the smell of the medicine we may not take it in.

## CLOSE YOUR EYES AND TELL

**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–**

**Q1. How did it taste? What was the food item?**

**Answer:** The food item taken was chocolates. It tasted sweet.

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

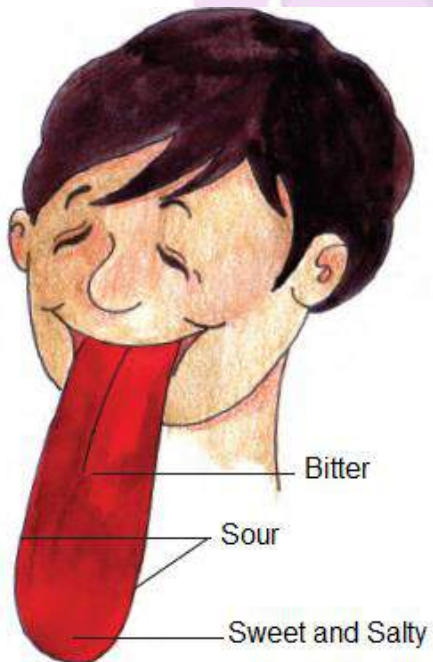
**Answer:** In front. Since we put it on tongue first.

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



Label the parts of the tongue

**Answer:**



**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, we cannot taste like that with all together of different items.

**Q5. Use a clean cloth to wipe 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 feel the taste since there was no saliva on the tongue.

**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 of the tongue looks rough to see. And yes I can see tiny bumps on the surface.

## 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 – tomato, onion, saunf, garlic? Think of words that you know or make up your own words to describe the taste.**

**Answer:**

Food	Taste
Tomato	Sweet and juicy with little sour
Onion	Pungent
Saunf	Sweet with good smell
Garlic	Bitter with pungent smell

**Q2. When Jhumpa tasted some of the things, she said “Sssee, sssee, sssee...” What do you think she may have eaten?**

**Answer:** She might have eaten something spicy may be a chilly.

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

**Answer:**

Expressions and Sounds	Food
Sound made by licking something	pickle
Yum-yum	Sweet items- chocolates, icecream etc

Slurp

Kheer, noodles

## CHEW IT OR CHEW IT WELL: WHAT'S THE DIFFERENCE?

Try this together in class:

**Q1. Each of you take a piece of bread or roti or some cooked rice. Put it in your mouth, chew three to four times and swallow it. Did the taste change as you chewed it?**

**Answer:** No, the taste did not change it is the same even after chewing for three or four times.

**Q2. Now take another piece or some rice and chew it thirty to thirty-two times. Was there any change in the taste after chewing so many times?**

**Answer:** Yes, the taste changed after chewing so many times. The food seems to be sweet now.

## DISCUSS

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

**Answer:** Yes, my mother keeps telling me to eat slowly and chew properly. May be chewing properly helps in swallowing food and good for food to digest.

**Q2. Imagine you are eating something hard like a green guava. What kinds of changes take place in it—from the time you bite a piece and put it in your mouth to when you swallow it?**

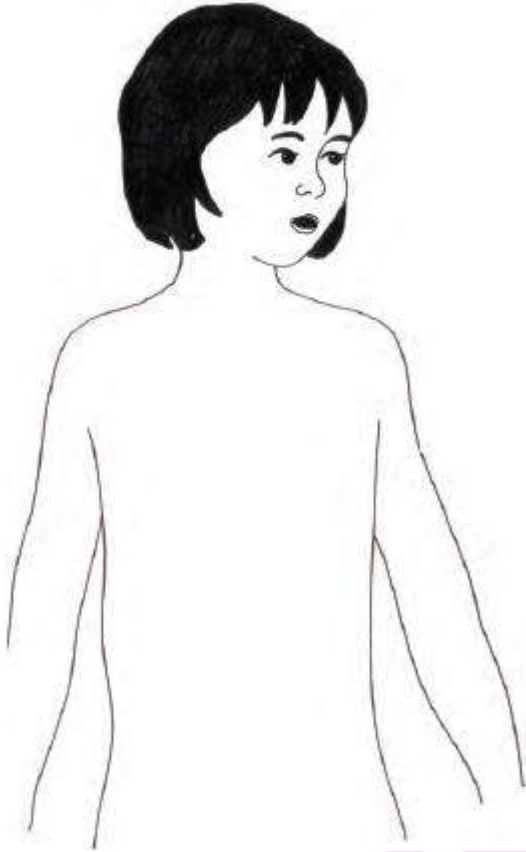
**Answer:** When I bite a guava I feel a bit hard and little bitter but later when chewing it becomes soft and sweet.

**Q3. Think what does the saliva in our mouth do?**

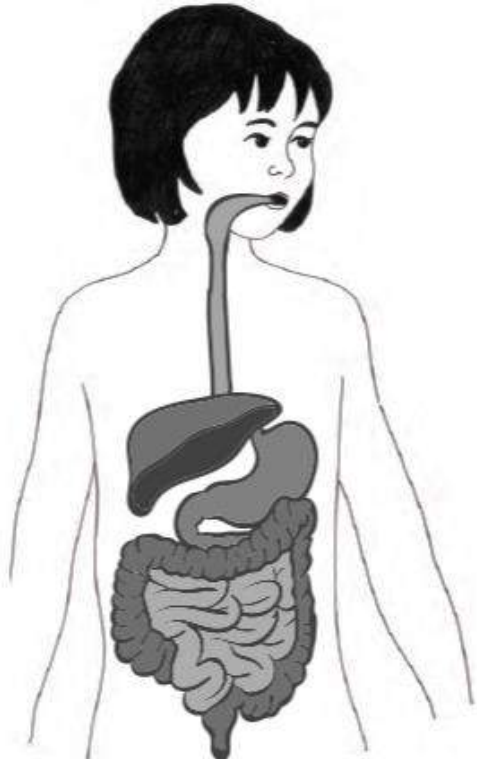
**Answer:** Saliva mixes with food and makes the food soft and digestible.

## STRAIGHT FROM THE HEART

**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:** The food must be going to the stomach after you put it in your mouth.  
Yes, all have similar pictures.



## DISCUSS

**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:** When I am very hungry I feel dizzy and feel some tingling sensation in my stomach and wanting to eat immediately.

**Q2. How do you come to know that you are hungry?**

**Answer:** When there is a strong urge to eat something I will get to know that I am hungry.

**Q3. Think what would happen if you do not eat anything for two days?**

**Answer:** If I don't eat for two days I may feel tired and fall sick.

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

**Answer:** No, I can't be able to manage without drinking water for two days. The water we drink goes to all the parts of the body where all the metabolic activities take place. Some water comes out of our body in the form of sweat and urine.

## TALK AND 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:** A solution of sugar and salt is given to a person who is suffering from vomiting and loose motions so that it can be controlled from further dehydrating.

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

**Answer:** Yes, I have heard the word 'glucose' written on the glucose packet and have seen it on TV in advertisements.

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

**Answer:** Yes, I have tasted glucose it very sweet.

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

**Answer:** Yes, a member in my family was given glucose drips when that person was

hospitalised due to sickness. Doctor suggested to give glucose so that they can recover faster.

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

**Answer:** Nitu's teacher used to tell the girls to have glucose while playing hockey because it would boost the energy levels in the body.

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



**Answer:** In the picture we can see that Nitu's given glucose drip. The glucose is given in a bottle with a tube and needle attached to the bottle which supplies glucose to the body.

## DISCUSS

**Q1. Why do you think Rashmi could eat only one roti in the whole day?**

**Answer:** Rashmi could eat only one roti in a whole day, since she was from a poor family she could not afford to buy so she had only one rati.

**Q2. Do you think Kailash would like games and sports?**

**Answer:** No, Kailash doesn't like sports and games. He has a fat and flabby body which shows that he is not interested in physical activities.

**Q3. What do you understand by 'proper' food?**

**Answer:** A good diet which includes good amount of nutritious food, protiens which is needed for the body to function properly.

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

**Answer:** While, Rashmi is not getting adequate quantity of food where Kailash is having junk food like chips, pizza, burgers etc. which is very harmful for the body hence we can say that the food intake is not proper.

### FIND OUT

**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 yourself – your daily activities and daily diet. – Are these similar or different from what your grandparents did and ate?**

**Answer:** When I spoke to my grandparents they told they used to have dal, green leafy vegetables, milk, fresh fruits and did more of physical activities, walked to school for two miles, played games which had more of physical activities. But now, time has changed I too eat vegetables, fruits along with that we eat a lot of junk food, go to school by bus, at free time we play indoor games by watching TV where there is no physical activities. Hence we can say that it is quite similar to what our grandparents ate and did.

### THINK AND DISCUSS

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

**Answer:** Yes, I know few children who does not get enough food to eat in the whole day. They are from a poor family who cannot afford for a proper meal.

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

**Answer:** Yes, I have seen a godown which stores a lot of grains in a market.

### WHAT WE HAVE LEARNT

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

**Answer:** When we are down with cold, our nose gets blocked where we cannot sense the smell or taste. Hence we cannot taste food properly.

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



**Answer:** We know that there exists salivary glands in the mouth. Saliva contains digestive enzymes, these enzymes helps in breaking complex sugars to simple sugars. Hence we can say that digestion begins in the mouth.

