

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

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 it, we can identify 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 their smell without even seeing them, like egg omelettes, fish fry, samosas, etc.

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

Answer: Yes, I have been told to close my nose and take the medicines because 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 tastes. 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. They 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?

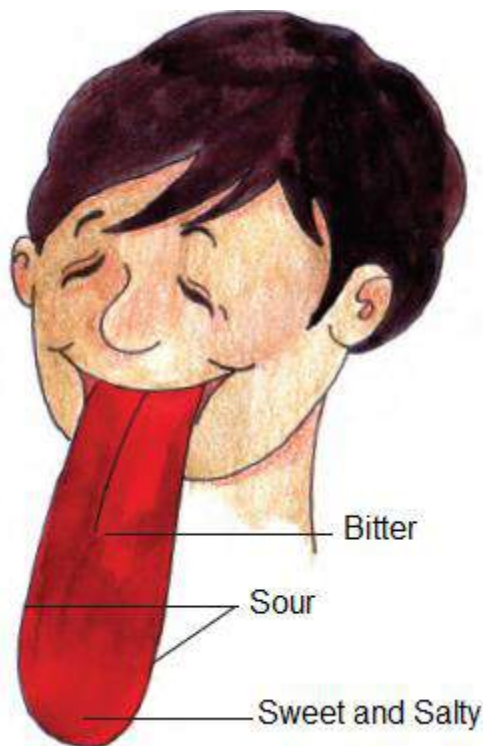
Answer: In front. Since we put it on the tongue first.

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 different items together.

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 a good smell
Garlic	Bitter with a 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, maybe a chilli.

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
The sound made by licking something	Pickle
Yum-yum	Sweet items – chocolates, ice cream, 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 of 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. Maybe chewing properly helps in swallowing food and is good for food to digest well.

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?

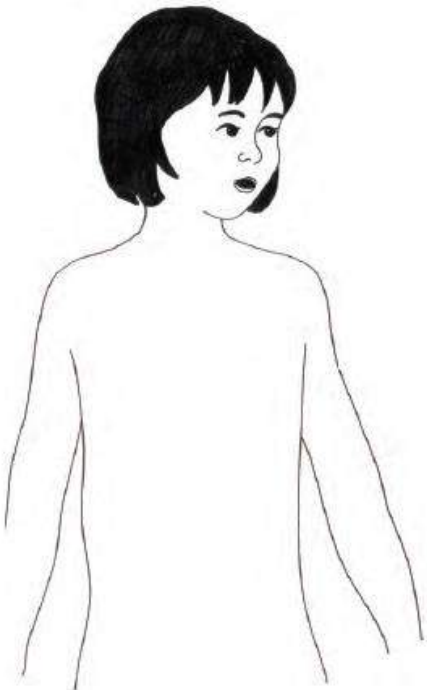
Answer: When I bite a guava, it feels a bit hard and a little bitter, but later when chewing, it becomes soft and sweet.

Q3. Think about what the saliva does in our mouth.

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

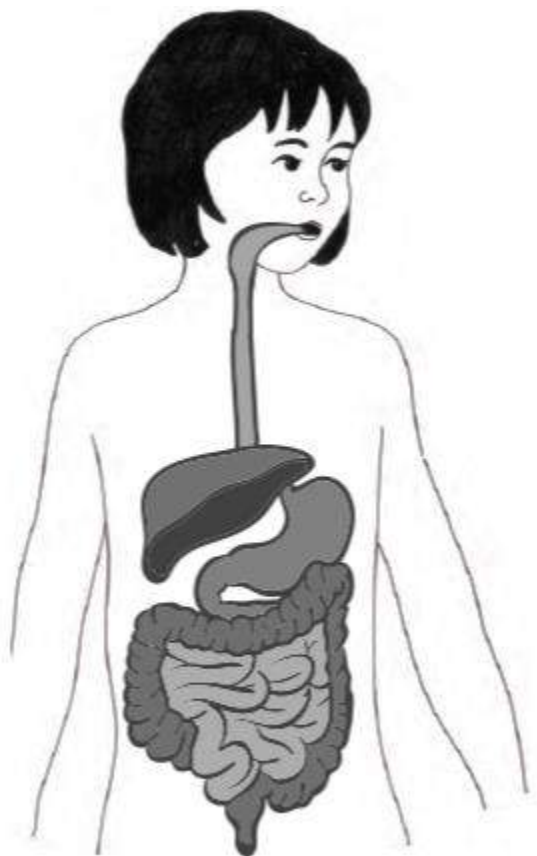
Straight from the heart

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 food 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, I want 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 won'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 bodies 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 the body.

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

Answer: Yes, I have seen 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, and it is 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 of my family was given glucose drips when the person was hospitalised due to sickness. The doctor suggested giving them glucose so that they could 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 is being given a 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 because she was from a poor family, and she could not afford to buy food. So, she had only one roti.

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 includes a good amount of nutritious food and proteins, 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 an adequate quantity of food, Kailash is having junk food, like chips, pizza, burgers, etc., which is very harmful to 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 me they used to have dal, green leafy vegetables, milk, and fresh fruits and did more physical activities, walked to school for two miles, and played games which had more physical activities. But now, times have changed. I, too, eat vegetables and fruits. However, along with that, we eat a lot of junk food, go to school by bus, and in our free time, we play indoor games by watching TV, where there are no physical activities. Hence, we can say some things are quite similar, while others are different from 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 a few children who do not get enough food to eat for the whole day. They are from poor families who cannot afford 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 a cold, our nose gets blocked, and we cannot sense the sense of 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 salivary glands exist in the mouth. Saliva contains digestive enzymes; these enzymes help in breaking complex sugars into simple sugars. Hence, we can say that digestion begins in the mouth.

