

Lesson 3

From Tasting to Digesting

I. Answer the following

1. What do you mean by proper food?

Ans. The right quantity of food which contains all the required nutrients is called proper food.

2. What is digestion?

Ans. The process of breakdown of complex food into its simpler form is known as digestion.

3. Why the doctor used to prescribe glucose drip to the patient?

Ans. The doctors used to prescribe glucose drip to the patient because it gives energy and strength suddenly without having food.

4. How can we recognize different taste?

Ans. Taste buds are present in our tongue to recognize different tastes.

Match the following

1. Raw mango - sour
2. Honey - sweet
3. Chilly - spicy
4. Chips - salty
5. Bitter gourd - Bitter