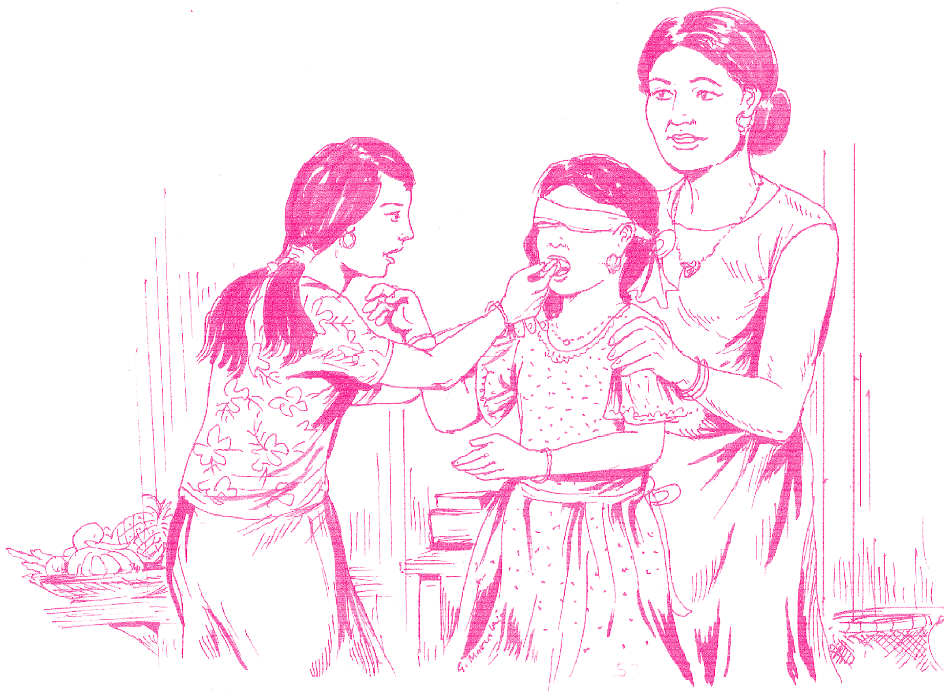


LESSON No. 16



FROM TASTING TO DIGESTING

Amina and Shelma are two sisters. They were playing with their mother. Amina said to Shelma, “I have something in my hand. You close your eyes and open your mouth, I shall put something to eat in your mouth, you have to tell what it is”. Amina took a piece of lemon and pressed it between fingers so that a few drops fell in shelma’s mouth. “Oh! it is sour lemon,” Shelma replied quickly. Amina then picked up a piece of cream biscuit. She crushed it and put it again in Shelma’s mouth, but Shelma easily guessed it.



ENVIRONMENTAL STUDIES CLASS- V

It was then Amina's turn to taste. Their mother gave them different food items. They tasted all. Some of them, sweet, some a bit bitter, some a little salty, and some - a bit sour.



Have you tasted tamarind ? I bet your mouth is watering just by hearing the word **tamarind**. Sure, you love the sour tamarind on hot summer days.

Discuss and Write

- * Why did Amina's and Shelmas's mouths start watering when they heard the word tamarind ? When does your mouth water?

List five things you like to eat and describe their tastes.

ENVIRONMENTAL STUDIES CLASS- V

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

- * Can you tell it is fried fish even before tasting it ?

Can you guess the names of certain things only by their smell, without seeing or tasting them ? What are those things.



- ☐ What happens in the mouth to the food we eat ? Chew it, chew it well: What is the difference ?

Try this together in class.

- ☐ Each of you take a piece of bread or roti or some cooked rice.
- ☐ Put it in your mouth, chew five to six times and swallow it.
- ☐ Did the taste change as you chewed it?
- ☐ Now take another piece or some rice and chew it twenty to thirty times.
- ☐ Was there any change in the taste after chewing so many times?

ENVIRONMENTAL STUDIES CLASS- V

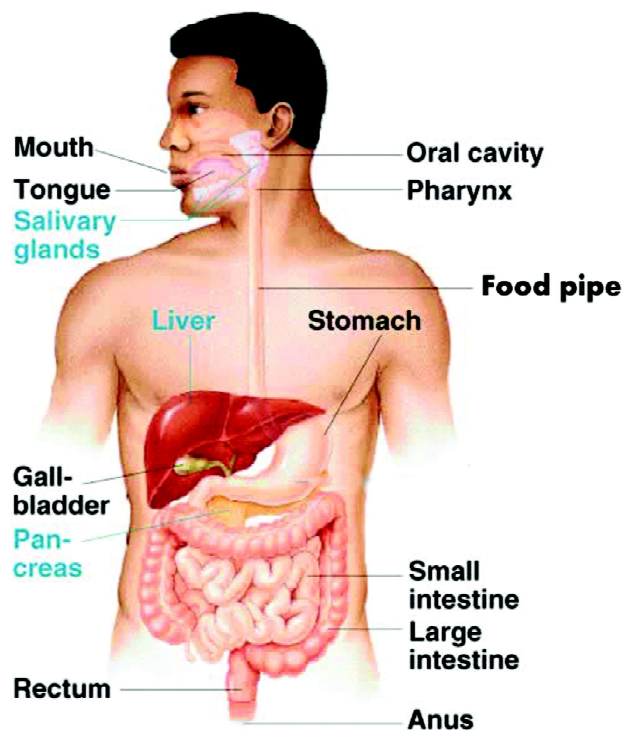
Discuss

- * Has anyone told you to eat slowly and to chew well so that the food digests properly. What do you think why they say this?

- * Imagine you are eating something hard like a groundnut or an unripe guava. What kinds of change take place in it from the time you put it in your mouth and bite a piece of it to the moment you swallow it ? Think what does the saliva in your mouth do.

Saliva helps in the digestion of food you eat. Saliva changes starch into glucose.

Where does the food go after you put it in your mouth, chew and swallow it ? Look at the picture given here and find the path of food through your body.



ENVIRONMENTAL STUDIES CLASS- V

KHURSID ON A GLUCOSE DRIP

One day Khursid was very sick. He was vomiting and also had loose motions. In the morning his father gave him sugar and salt solution. However, he had still loose motions. By evening he was feeling very weak and dizzy. His father had to call a doctor. He was given glucose drip. Khursid now remembered that during games and sports meet of the school, the teacher sometimes gave them glucose to drink. But what was a glucose drip ? Doctor uncle explained, “Your stomach is upset. Your body is not keeping any food and water. So you have become very weak. Glucose gets readily absorbed by blood. It will give you some strength quickly, even without eating”.



- * Have you ever tasted glucose ? How does it taste ?

- * Have you or anyone in your family been given a glucose drip ? When and why ?

- * Look at Khursid’s picture and describe how is the glucose drip being given ?

