

NCERT Solutions for Class 5 EVS

Chapter 3: Tasting to Digesting



Discuss and write (page 23)

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.

A1. Your mouth waters when you think about yummy things like tamarind (imli). If I talk about what makes my mouth water, I'd say chocolates because they are sweet, ice cream which is also sweet, chips that are salty, pickles that are a mix of salty and spicy, and lemon because it's sour.

Items	Taste
Chocolates 	Because they are sweet, 
Ice cream 	Because it is also sweet, 
Chips 	They are salty 
Pickles 	A mix of salty and spicy 
Lemon 	Sour 

NCERT Solutions for Class 5 EVS

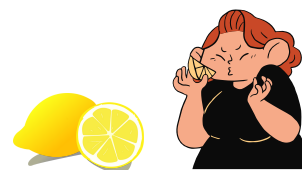
Chapter 3: Tasting to Digesting

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

A2. I like different tastes because having the same taste all the time can be boring. Trying new tastes is fun!

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?

A3. Yes, even a few drops can help us taste things, like how sour lemon juice is!



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?

A4. Yes, I can tell it's saunf even if I can't see it because it has a special smell.

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?

A5. Yes, I can guess things like fried fish or samosas just by their smell, without seeing or tasting them.



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

A6. People say this because if you don't like the smell of the medicine, holding your nose helps you take it without tasting the bad flavor.



Close your eyes and tell (page 24)

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?

A1. The food was chocolates, and they tasted sweet.



NCERT Solutions for Class 5 EVS

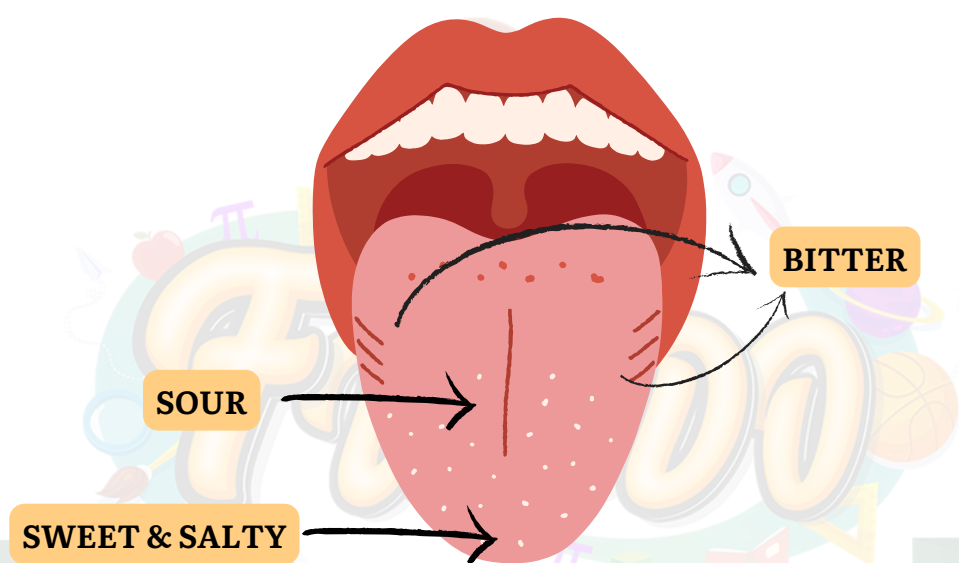
Chapter 3: Tasting to Digesting

Q2. On which part of the tongue could you get the most taste?

A2. You taste the most at the front part of your tongue because that's where the food touches first.

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

A3. Different parts of the tongue are good at tasting different things like sweet, sour, salty, and bitter.



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?

A4. No, we can't taste things with parts of the mouth like under the tongue or the roof of the mouth as well as we can with our tongue.



Close your eyes and tell (page 24)

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?

A5. No, I couldn't taste sugar or jaggery on my dry tongue because saliva (spit) helps us taste, and my tongue was dry.

NCERT Solutions for Class 5 EVS

Chapter 3: Tasting to Digesting









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?

A6. The tongue looks rough and has tiny bumps on it, which help us taste things.



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.

Items	Taste
Tomato 	Sour 
Onion 	Pungent 
Saunf 	Sweet 
Garlic 	Bitter & Pungent 

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

A2. She probably ate something very spicy, like a chili, because she made a "Sssee sssee sssee..." sound.



NCERT Solutions for Class 5 EVS

Chapter 3: Tasting to Digesting

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.

A3. You can make sounds like "Yum-yum" for tasty sweet things like chocolate or ice cream, "Slurp" for delicious liquids or noodles, and other fun sounds to describe what you're eating.



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?

A1: No, the taste stayed the same even after chewing it 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?

A2: Yes, there's a change! After chewing it so many times, the food starts to taste sweet."



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?

A1: Yes, my mom always tells me to eat slowly and chew my food carefully. It probably helps make the food easier to swallow and helps it digest better in my stomach.

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?

A2: When I first bite into a guava, it's pretty hard and even tastes a bit bitter. But as I keep chewing, it gets softer and starts to taste sweeter.



NCERT Solutions for Class 5 EVS

Chapter 3: Tasting to Digesting

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

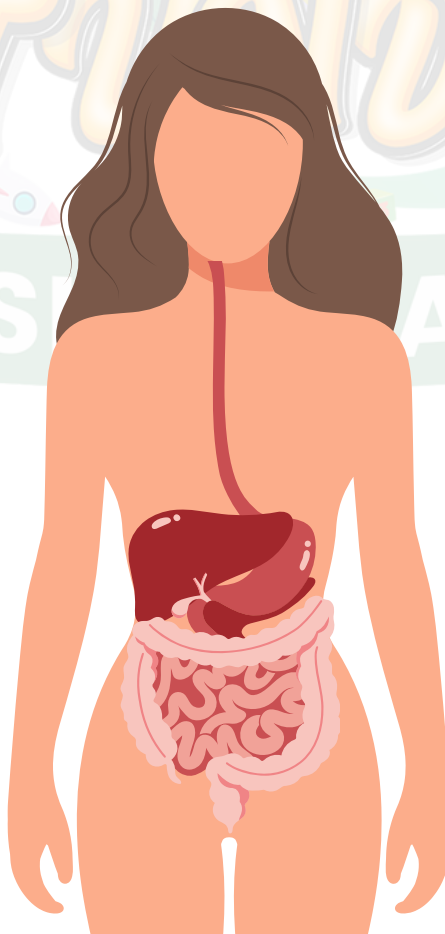
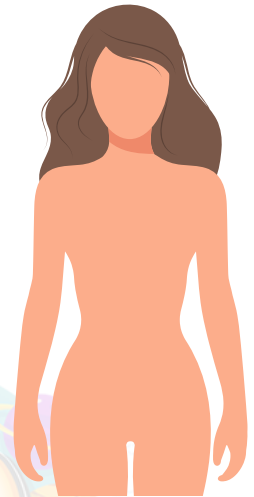
A3: Saliva mixes up with the food in my mouth, making the food soft and easier to digest.



Straight from 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?

A1: Yes we all have similar picture



NCERT Solutions for Class 5 EVS

Chapter 3: Tasting to Digesting



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!”

A1: When I'm super hungry, I start feeling a little dizzy and get this funny, tingly feeling in my belly. It makes me want to eat something right away.

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

Answer: I know I'm hungry when I really feel like I need to eat something, like there's this big urge inside telling me it's time to munch.

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

Answer: If I didn't eat for two days, I'd probably start feeling really weak and might even get 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 way, I couldn't go without water for two days. The water we drink travels to every part of our body to help with all the body's work. Then, our body gets rid of some of the water through sweat and going to the bathroom.



Talk & 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?

A1: If someone's throwing up a lot or has diarrhea, drinking sugar and salt mixed in water helps stop them from losing too much water from their body. It's like a magic potion to keep them hydrated.



NCERT Solutions for Class 5 EVS

Chapter 3: Tasting to Digesting

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

A2: Yes, I've seen 'glucose' written on packets at the store and in TV ads. It's like a famous word that shows up a lot.

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

A3: Yep, I've tasted glucose before, and it's super sweet, almost like eating a spoonful of sugar!

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

A4: Sure, one of my family members got glucose through a drip when they were really sick in the hospital. The doctor said it would help them get their strength back quicker.

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

A5: Nitu's teacher told them to have glucose because it's like a quick energy booster. It helps you run faster and play better without getting tired too quickly.

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



A6: In the photo, Nitu is shown receiving a glucose drip. There's a bottle containing glucose connected to a tube and needle, which delivers the glucose directly into her body.

NCERT Solutions for Class 5 EVS

Chapter 3: Tasting to Digesting



Discuss

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

A1: Rashmi could only have one roti throughout the day because she comes from a family that doesn't have much money for food, so that was all she had to eat.

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

A2: Kailash doesn't seem to like sports and games. His body is a bit chubby and soft, which suggests he might not be very active or interested in physical activities.

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

A3: 'Proper' food means eating meals that are full of nutrients and proteins that our bodies need to work well.

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

A4: Rashmi's food isn't enough because she doesn't get to eat much, while Kailash eats too much fast food like chips, pizza, and burgers, which isn't good for health. This means their diets aren't suitable for their health.



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?



NCERT Solutions for Class 5 EVS

Chapter 3: Tasting to Digesting

Answer: When I talked with my grandparents, they said when they were my age, they ate lots of dal, green veggies, milk, and fresh fruit. They also moved around a lot more, walking two miles to school and playing lots of outdoor games that kept them active. But things aren't quite the same for me. I do eat fruits and veggies like they did, but I also eat a bunch of junk food. Instead of walking, I take the bus to school, and most of the time, instead of running around outside, I'm inside playing games or watching TV, which means I'm not moving around much. So, some stuff I do and eat is kind of like what my grandparents did, but a lot of it is pretty different.



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?

A1: Yeah, I know some kids who don't get to eat enough throughout the day. It's because they come from families that don't have enough money to buy plenty of food for every meal.



NCERT Solutions for Class 5 EVS

Chapter 3: Tasting to Digesting

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

A2: Yes, I've seen a big storage space, kind of like a giant closet, but for grains, and it was at a market. It had lots and lots of grains stored in there.



What we Have Learnt

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

A1: When you catch a cold, your nose gets all stuffed up, making it hard to smell or taste things properly. That's why food seems to have no taste when you're sick.

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

A2: Inside your mouth, you have these tiny helpers called salivary glands that make saliva. This saliva isn't just spit; it has special stuff in it that starts breaking down the food, especially the sugary parts, making them simpler. So, that's why they say the whole process of digestion begins right in your mouth.

PHYSICS WALLAH

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