

The Digestive System

A. Choose the correct answer:

1. What is the main function of the digestive system?

- A) To circulate blood
- B) To break down food and absorb nutrients
- C) To help in breathing
- D) To produce oxygen

2. Which organ in the digestive system is responsible for absorbing nutrients?

- A) Stomach
- B) Large intestine
- C) Small intestine
- D) Liver

3. What is the function of saliva in digestion?

- A) To make food spicy
- B) To break down food and make it easier to swallow
- C) To stop digestion
- D) To absorb nutrients

B. Fill in the Blanks:

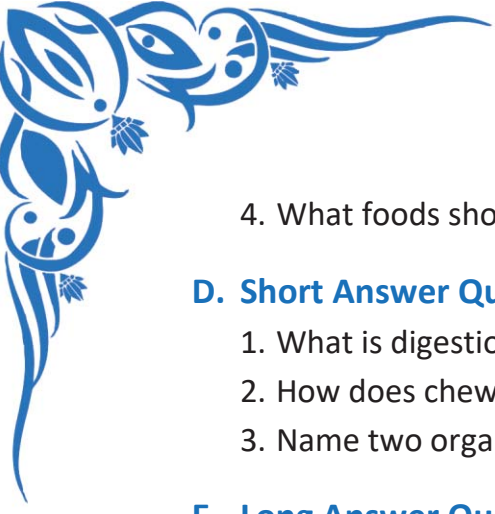
1. The digestive system helps in breaking down food into _____ that can be used by the body.
2. The food pipe, also known as the _____, carries food from the mouth to the stomach.
3. The stomach produces _____ juice, which helps in digestion.

C. Case Study:

Rohan was feeling stomach pain after eating too much junk food. He also noticed that he had difficulty passing stool and often felt uncomfortable after meals. His doctor explained that his diet lacked fiber and water, which are important for smooth digestion. The doctor advised him to eat more fruits, vegetables, and whole grains and drink plenty of water.

Questions & Answers:

1. What caused Rohan's stomach pain and discomfort?
2. Why is fiber important in our diet?
3. How can drinking water help in digestion?



4. What foods should Rohan eat to improve his digestion?

D. Short Answer Questions:

1. What is digestion, and why is it important?
2. How does chewing food properly help in digestion?
3. Name two organs that help in digestion apart from the stomach.

E. Long Answer Questions:

1. Explain the process of digestion step by step.
2. How do different parts of the digestive system work together to break down food?
3. What are some healthy eating habits that can help in proper digestion?