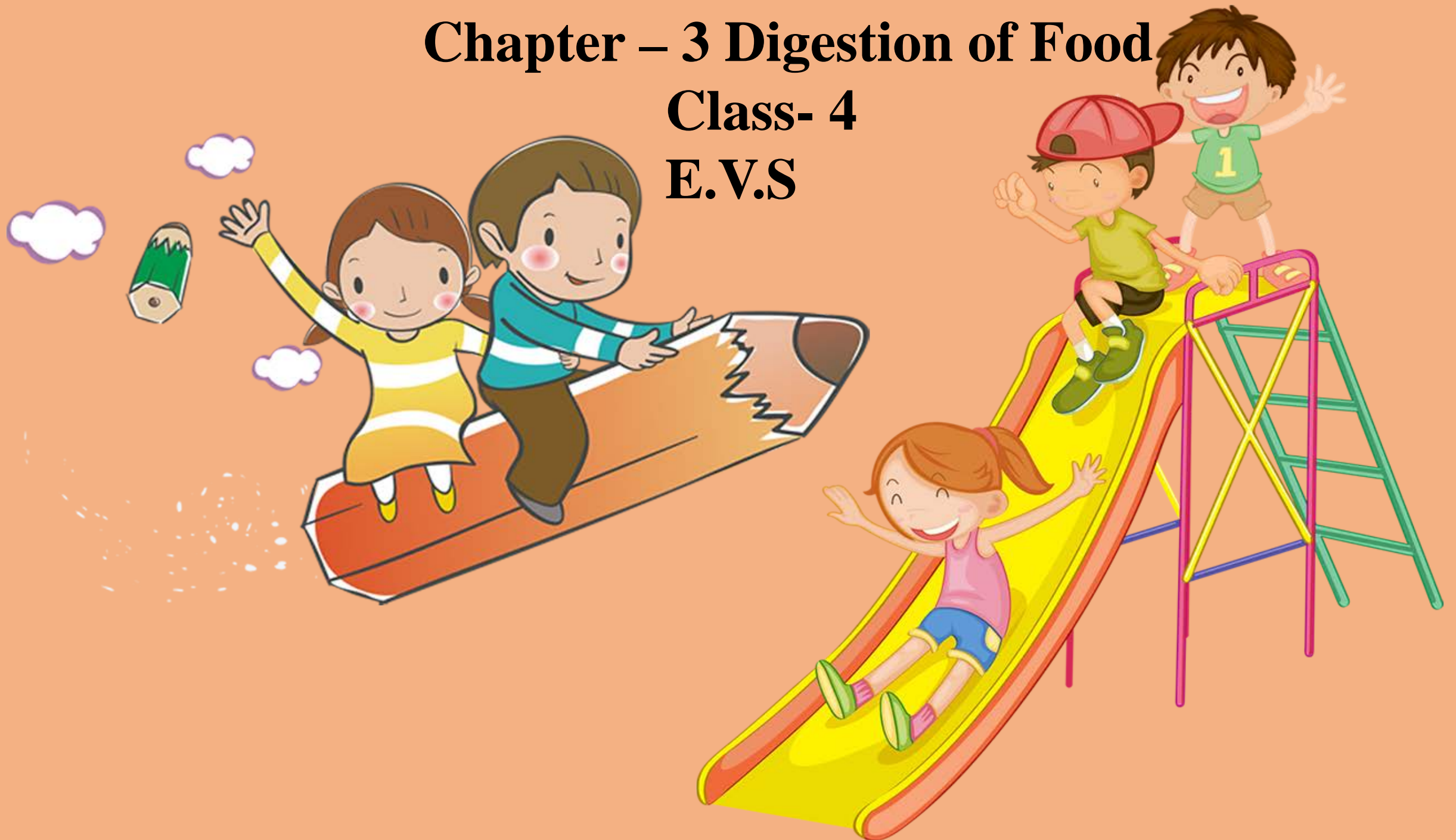


Chapter – 3 Digestion of Food

Class- 4

E.V.S





WHAT IS DIGESTION?

Food we eat, for example fruits, vegetables, rice, dal etc. cannot be directly absorbed by the body, to produce energy. Food has to be broken down into smaller pieces so that the tiny cells of the body can absorb it.

This breaking down of the food into smaller pieces is





Called **Digestion**. This
digested food is absorbed by
the blood in the intestine and is carried to all parts of the body.





DIGESTION PROCESS

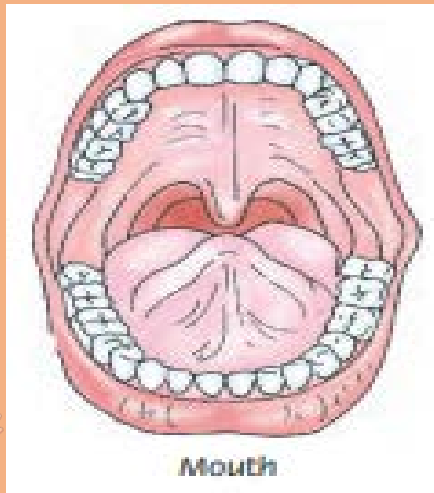
Human body has a well defined organ system to digest and absorb the digested food. This system consists of various organs. Each organ has its specific function in the process of digestion. Digestion takes place in a number of steps. Let us read about the process of digestion in detail.





Digestion in Mouth

Food is first broken down into smaller pieces by the teeth, when we chew the food. The sharp front teeth (incisors) bite and cut the food. The teeth at the back are flat. So they help to grind the food into a paste.



The saliva, a juice made by the salivary glands, mixes well with the food while chewing. This softens the food so that it can be easily





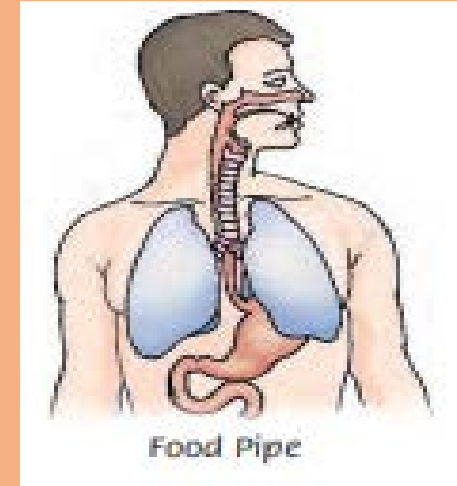
swallowed. Saliva has digestive juices that start the digestion of starch in the mouth itself. Tongue helps to mix the food with the saliva and to push the food into the food pipe.





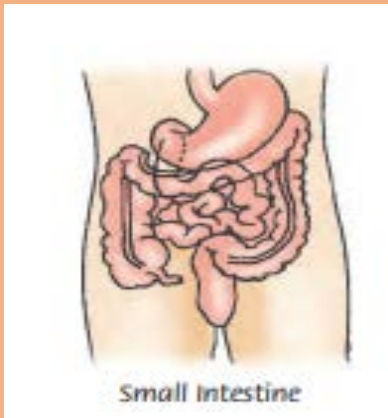
Digestion in Stomach

Food goes to the stomach through the food pipe. Stomach muscles churn the food with more digestive juices, secreted by the stomach. They breakdown proteins and other substances into simple soluble substances. Food remains in the stomach for three hours.





Digestion in Small Intestine



From stomach, food goes into the small intestine. Here food is mixed with some more digestive juices. The rest of the nutrients such as fat, carbohydrates, remaining undigested proteins etc. are digested here.





**Other body organs, such as liver and pancreas,
pour their juices into the small intestine, which
help in the complete digestion of food.**





Absorption of Digested Food

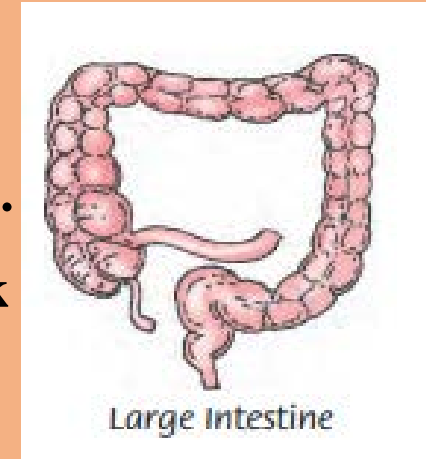
After the process of digestion, food is now a simple soluble liquid. It is absorbed into the blood through the walls of the small intestine. Blood takes it to all the cells of the body.





Waste Food in Large Intestine

Some parts of the food cannot be digested by the body. They get collected in the large intestine. Here water from the waste food is absorbed back by the walls. The solid part is thrown out of the body as waste, through the opening called **anus** .





STEPS TO KEEP OURSELVES HEALTHY

- (i) We should eat a balanced diet.**
- (ii) We should drink plenty of water.**
- (iii) We must wash our hands with soap before and after eating food.**
- (iv) We must brush our teeth twice a day.**





Check Your Knowledge

Fill in the blanks

1. Blood takes _____ food to the cells.
2. From stomach, food goes to _____.
3. Food remains in the stomach for _____.





Fact File

- The digestive juices contain chemicals called enzymes for the digestion of food.
- Some organs of the digestive system together, form a long tube called the alimentary canal.





Things to Remember

- Food we eat has to be digested, before it is absorbed by the body.
- For the healthy growth of the body, we must eat balanced diet.
- The different parts of the digestive system, secrete digestive juices for the digestion of food.



