

**Chapter – 3****From tasting to digesting****Answer the following :-**

- 1. 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.**

Ans - My mouth waters on seeing, smelling, hearing or even thinking of the food items I like to eat.

Five things that I like to eat and their respective tastes are:

Things	Taste
Chocolate	Sweet
Ice cream	Sweet
Pickles	Salty-spicy
Lemon	Sour
Chips	Salty

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

Ans - Tasting only one taste makes me bored so I like tasting different tastes.

- 3. 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?**

Ans - Yes, with just few drops of sour lemon juice we can make out the taste.

- 4. 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?**

Ans - Yes, even though we don’t taste we can tell by its smell also.

**5. 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?**

Ans - Jhumpa might have made out the fried fish by its smell. There are several other things we can make out using their smell. Few of them are :-

- (i) Halwa
- (ii) Coffee
- (iii) Jackfruit
- (iv) Orange
- (v) Sambar

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

Ans - Yes, I have been told to close the nose and take the medicines since if we don't like the smell of the medicine we may not take it in.

**7. 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!"**

Ans - When I am very hungry I feel dizzy and feel some tingling sensation in my stomach and wanting to eat immediately.

**8. How do you come to know that you are hungry?**

Ans - When there is a strong urge to eat something I will get to know that I am hungry.

**9. Think what would happen if you do not eat anything for two days?**

Ans - If I don't eat for two days I may feel tired and fall sick.

**10. Would you be able to manage without drinking water for two days? Where do you think the water that we drink goes?**

Ans - No, I cant be able to manage without drinking water for two days. The water we drink goes to all the parts of the body where all the metabolic activities take place. Some water comes out of our body in the form of sweat and urine.

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

Ans - Rashmi could eat only one roti in a whole day, since she was from a poor family she could not afford to buy so she had only one roti.

**12. Do you think Kailash would like games and sports?**

Ans - No, Kailash doesn't like sports and games. He has a fat and flabby body which shows that he is not interested in physical activities.

**13. What do you understand by 'proper' food?**

Ans - A good diet which includes good amount of nutritious food, proteins which is needed for the body to function properly.

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

Ans - While, Rashmi is not getting adequate quantity of food where Kailash is having junk food like chips, pizza, burgers etc. which is very harmful for the body hence we can say that the food intake is not proper.