

**Chapter-3****GRADE:4****Topic: Digestive and Excretory Systems****Month: July/Aug****Subject: Science****Q.I New words:**

1. Digestive
2. Excretory
3. Organ systems
4. Digestion
5. Intestine
6. Pancreas
7. Organism
8. Habits
9. Constipation
10. Saliva

**Inbuilt Questions Textbook Exercises****Page No. 24****Exercise For Revision****A. Fill in the blanks.**

1. digestion      2. Small      3. Small      4. large      5. anus

**B. Tick() the correct answers.**

1. (a)      2. (a)      3. (a)      4. (c)

**Exercise For Revision****Page No. 26****A. Tick() the correct answers.**

1. (b)      2. (b)      3. (b)

**B. Match the following.**

1. (b)      2. (d)      3. (a)      4.(c)

## Short answer questions:

(Remembering, Understanding, Reasoning)

### Q1. Name the organs of the digestive system.

Ans: The mouth, food pipe, stomach, small and large intestines, liver, pancreas and anus are the organs of the digestive system.

### Q2. What is the function of saliva?

Ans: Saliva breaks down the starch (a complex carbohydrate present in food) into sugar (a simple carbohydrate). It also makes the food soft and easy to swallow.

### Q3. Why should we chew food well? (Any two reasons)

Ans: We should chew food well because :

1. **Easier Digestion:** Chewing helps break down our food into tiny pieces, making it easier for our stomach and other parts inside us to digest it.
2. **Tastes Better:** Chewing also lets us enjoy the flavors of our food better.
3. **No Choking:** If we chew well, it's less likely that big pieces will get stuck in our throat and make us choke.
4. **Helps Our Tummy:** Well-chewed food is like a special gift to our tummy because it's easier for our body to use.

### Q4. What will happen if waste substances are not removed from your body?

Ans: If we don't get rid of waste from our body, it can make us feel sick.

OR

If waste substances are not removed from your body, our tummy might start hurting, and we might not feel like eating.

OR

If waste substances are not removed from your body, waste stays inside us, we do not feel good, and it can even make us grumpy.

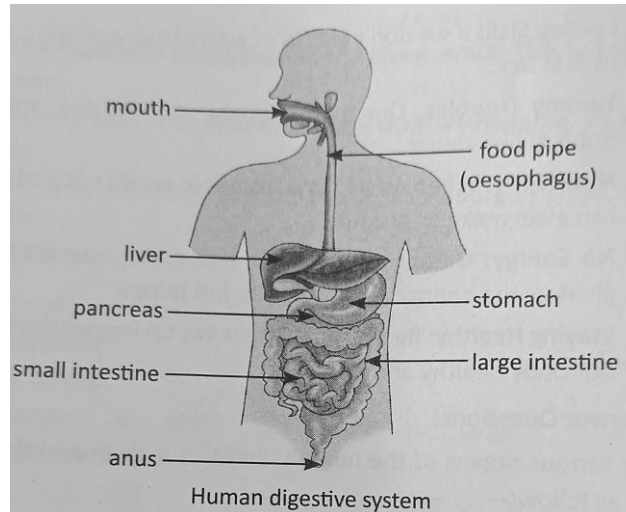
## B. Long Answer Questions:

### Q1. 1. Describe the human digestive system. Write the function of each digestive organ.

Ans: The various organs of the human digestive system and their functions are as follows-

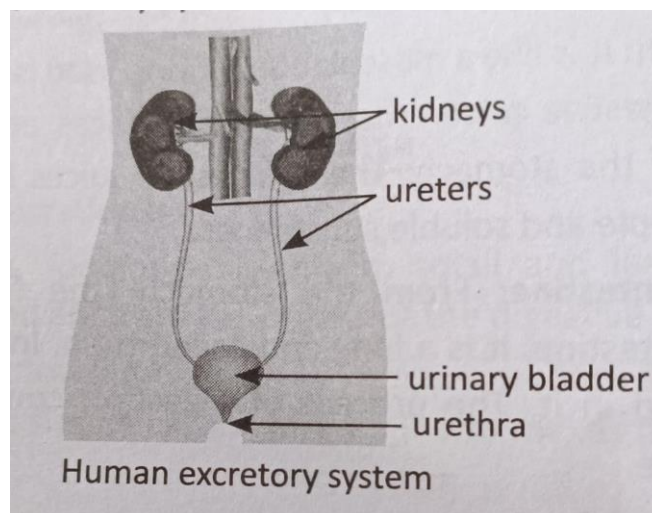
- (i) **Mouth:** The process of digestion starts in the mouth. The teeth, saliva and tongue help to chew food well and make it digestible.
- (ii) **Food pipe:** From the mouth, food goes into the stomach through the food pipe (oesophagus).
- (iii) **Stomach:** It is like a muscular bag. Here, food is churned and mixed with digestive juice. These digestive juices are produced by the walls of the stomach. These digestive juices break down the food into simple and soluble substances.
- (iv) **Small intestine:** From the stomach, the food goes into the small intestine. It is a long and coiled tube. Intestinal juices digest the food in it. The process of digestion completes in the small intestine.  
The digested food is absorbed by the blood vessels in the walls of the small intestine. It is carried to different parts of the body by blood.
- (v) **Liver:** The liver produces bile. Bile helps to digest fats in the small intestine.
- (vi) **Pancreas:** The pancreas produces digestive juices that digest carbohydrates, fats and proteins in the small intestine.

**vii) Large intestine:** It is wider and shorter than the small intestine. It holds the undigested food, absorbs extra water from it and forms stool (semi-solid waste).



**2. What is the excretory system? Write the function of each organ of the excretory system.**

**Ans:** The kidneys, ureters, urinary bladder and urethra are the organs that help remove waste from the body. They are called excretory organs. This system of organs that helps to remove waste from the body is called the excretory system.



**Kidneys:** The kidneys are a pair of bean-shaped organs. These are located just above the waist on either side of the backbone. Urine is formed in the kidneys. Urine contains harmful substances.

**Ureters:** These are narrow tubes. They carry urine from the kidneys to the urinary bladder.

**Urinary Bladder:** It is a sac-like structure. Urine is collected and stored here.

**Urethra:** Urine is removed from the body through the urethra.

**Q3. In order to keep the digestive and excretory systems healthy, which types of healthy habits should we follow? Give a reason for each habit. (Give any two.)**

**Ans:** 1. Water helps in the digestion process and keeps our digestive system working smoothly. It also helps in flushing out waste from our body, keeping the excretory system healthy.

2. Eating Fruits and Vegetables: Fruits and vegetables are rich in fiber, which helps in digestion and prevents constipation. They also provide essential nutrients that support the overall health of the digestive and excretory systems.

**3. Chewing Food Well:** Chewing food well aids in the digestion process by breaking down food into smaller particles, making it easier for enzymes to work. It promotes better absorption of nutrients and prevents digestive discomfort.

**4. Regular Exercise:** Exercise stimulates the digestive system, promoting regular bowel movements. It also helps maintain a healthy weight, reducing the risk of digestive issues and supporting overall well-being.

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