

## Chapter -3, CLASS-IV

### HUMAN BODY: THE DIGESTIVE AND EXCRETORY SYSTEMS

#### Fill in the blanks: Page-31

Ans 1:- Excretion.

Ans2:- Stomach.

Ans 3:- saliva.

Ans 4:- Ureters.

Ans 5:- Hard stool.

#### I. very short answer questions:

##### A. state true or false.

- 1.True
2. true
- 3.false
- 4.false
- 5.true

##### B. Match the following:

Ans:-1=d, 2=c, 3=a, 4=e, 5=b

#### II. short answer questions:-

1. What is the use of digestive system in our body?

Ans: - The use of digestive system in our body is to break the nutrients into small parts for the body to absorb and use for energy, growth and cell repair.

2. What function does the tongue play in our mouth?

Ans: - The tongue helps mix saliva with the food. It also helps to push food down the food pipe and gives us the sense of taste.

3. Is large intestine an important part of our digestive system?

Ans: - Yes, the large intestine is an important part of our digestive system.

6. How can eating fruits and vegetables help relieve constipation?

Ans: - Fruits and vegetables are highly rich in fibres. So when consumed, it helps add bulk and weight to stools, soften them and stimulates bowel movement. Therefore eating fruits and vegetables helps in relieve constipation.

7. Unjumble and define?

a.OIPINCOSTATN, b.NTGEESIO, c. AREURTH, d.ILBE

Ans:- **a. CONSTIPATION**:- constipation means passing out hard stools with difficulty.

**b. EGESTION**:- The process of discharging undigested food as faeces is called egestion.

**c. URETHRA**:- The thin tube through which the urine is passed out is called urethra.

**d. BILE**:- A bitter greenish brown fluid secreted by the liver that helps in digestion is called bile.

### III. Long answer questions:-

1. Why should we chew our food properly?

Ans:- we should chew our food properly because chewing helps us in healthy digestion and also helps us in healthy digestion and also helps in breaking down our food into finer texture and makes it easier for the nutrients to be absorbed by the intestine.

2. Explain briefly the different parts of the excretory system?

Ans:- The excretory system is responsible for the elimination of wastes from the human body. The excretory system includes a pair of kidneys, ureter, urinary bladder and urethra.

- i. Kidneys- The main organs of excretory system are kidneys. The kidneys help to get rid of the waste in the form of urine by filtering the blood.
- ii. Ureters- ureters are two thin tubes through which the urine passes from the kidneys to the urinary bladder.
- iii. Urinary bladder- The urinary bladder is a muscular organ that stores urine collected from the kidneys.
- iv. Urethra- Urethra is a thin tube through which the urine is passed out when the urinary bladder is full.