

CHAPTER -3

FROM TASTING TO DIGESTING

2MARK QUESTIONS

1. Why did Jhumpa refuse to eat bitter karela?

ANSWER:

Jhumpa did not like the bitter taste of karela, so she preferred gur (jaggery) and roti instead.

2. What game did Jhoolan and Jhumpa play in the kitchen?

ANSWER:

They played a game where Jhoolan blindfolded Jhumpa and fed her different foods, and Jhumpa had to guess the taste.

3. How did Jhumpa identify the taste of lemon in the game?

ANSWER:

Jhoolan put a few drops of lemon juice in Jhumpa's mouth, and she quickly identified it as sour lemon.

4. 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?

ANSWER:

Jhumpa could guess the fried fish only by its smell. Yes, I can guess many things by their smell without even seeing them, like egg omelets, fish fry, samosas, etc.

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

ANSWER:

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

6. On which part of the tongue could you get the most taste – in front, at the back, on the left or right side of the tongue?

ANSWER:

In front. Since we put it on the tongue first.

7. Can you name five things that make Jhoolan's mouth water , according to the text?

ANSWER:

The text mentions imli (tamarind), sweet and salty things, and even karela (bitter gourd) as things that make Jhoolan's mouth water.

8. 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!”

ANSWER:

When I am very hungry I feel dizzy and feel some tingling sensation in my stomach, I want to eat immediately.

9. How do you come to know that you are hungry?

ANSWER:

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

10. Think what would happen if you do not eat anything for two days.

ANSWER:

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

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

ANSWER:

Rashmi could eat only one roti in a whole day because she was from a poor family, and she could not afford to buy food. So, she had only one roti.

5MARK QUESTIONS

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

ANSWER:

While Rashmi is not getting an adequate quantity of food, Kailash is having junk food, like chips, pizza, burgers, etc., which is very harmful to the body. Hence, we can say that the food intake is not proper.

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

ANSWER:

No, I won't 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 bodies in the form of sweat and urine.

3. If we were to say that “digestion begins in the mouth”, how would you explain this? Write.

ANSWER:

We know that salivary glands exist in the mouth. Saliva contains digestive enzymes; these enzymes help in breaking complex sugars into simple sugars. Hence, we can say that digestion begins in the mouth.

4. Explain Jhoolan's suggestion to close the nose while tasting the cooked karela. What was the purpose, and did it impact Jhumpa's ability to identify the taste?

ANSWER:

Jhoolan asked Jhumpa to close her nose to make it challenging. The purpose was to limit the sense of smell, emphasizing taste. Despite initial confusion, Jhumpa successfully identified the taste of the cooked karela.

5. Discuss the significance of Dr. Beaumont's experiments with Martin's stomach. What did he discover, and how did it contribute to our understanding of digestion?

ANSWER:

Dr. Beaumont's experiments provided insights into digestion. He discovered that food digests faster in the stomach than outside. This

contributed to our understanding of the role of digestive juices in breaking down food, showcasing the importance of controlled experiments in scientific inquiry.

6. Discuss the concept of "proper food" as emphasized by Dr. Aparna. How does it relate to the overall health and well-being of individuals?

ANSWER:

"Proper food" refers to a balanced and nutritious diet. Dr. Aparna emphasizes its importance for both Rashmi and Kailash to address their health issues. Proper food is crucial for overall health, growth, and energy, ensuring the body receives essential nutrients.

7. Reflect on the prevalence of children like Rashmi who do not receive adequate food. What social and economic factors might contribute to such situations, and what measures could be taken to address this issue?

ANSWER:

Factors such as poverty and lack of access to resources contribute to children like Rashmi not receiving enough food. Addressing this issue requires systemic efforts, including poverty alleviation, food distribution programs, and educational initiatives to empower families to provide nutritious meals. Social awareness and policy interventions are essential for long-term solutions.

FILL IN THE BLANKS

1. Jhoolan put a few drops of _____ in Jhumpa's mouth during their taste-testing game. (**Lemon juice**)

2. Dr. Beaumont's experiments involved a patient named _____ who had a hole in his stomach. (**Martin**)

3. Rashmi's weak condition was attributed to a lack of _____ in her diet. (**Proper food**)

4. In the game, Jhoolan challenged Jhumpa to identify the taste of crushed _____. (**Jaggery**)

5. The observation table from Dr. Beaumont's experiments compared the time taken for digestion in the stomach versus a glass with _____. (**Digestive juices**)

6. Kailash's preference for fast food and dislike for home-cooked meals impacted his overall _____. (**health**)

7. Jhumpa easily identified the taste of _____ even before tasting it in the blindfolded game. (**Fried fish**)

8. Dr. Aparna recommended _____ as the common treatment for both Rashmi and Kailash's health issues. **(proper food)**

9. The game involved Jhoolan blindfolding Jhumpa and testing her ability to recognize different _____. **(tastes)**

10. Martin's stomach experiments by Dr. Beaumont provided valuable insights into the process of _____. **(digestion)**

MULTIPLE CHOICE QUESTIONS

1. What did Jhumpa prefer over bitter karela in the taste-testing game?

- a) Imli (tamarind)
- b) Gur (jaggery)
- c) Roti
- d) All of the above

Answer: d) All of the above

2. In Dr. Beaumont's experiments, which item dissolved the fastest in the glass with digestive juices?

- a) Boiled milk
- b) Raw egg
- c) Half-boiled egg
- d) Unboiled milk

Answer: b) Raw egg

3. What did Jhoolan suggest to make it challenging for Jhumpa to identify the taste of jaggery in the game?

- a) Close her eyes
- b) Crush the jaggery
- c) Cover her ears
- d) Hold her nose

Answer: b) Crush the jaggery

4. What did Dr. Aparna measure in Rashmi and Kailash to determine their health status?

- a) Blood pressure
- b) Height and weight
- c) Eyesight
- d) Pulse rate

Answer: b) Height and weight

5. In the poem "A Stomach with a Window," what did the hole in Martin's stomach allow Dr. Beaumont to do?

- a) See his heart
- b) Observe the digestive process
- c) Listen to stomach sounds
- d) All of the above

Answer: b) Observe the digestive process

6. What did Jhoolan ask Jhumpa to do to make it more challenging to identify the taste of cooked karela?

- a) Close her eyes
- b) Cover her ears
- c) Close her nose
- d) Cover her mouth

Answer: c) Close her nose

7. What did Dr. Beaumont discover about the digestion of food in the stomach?

- a) It is slower than outside the body
- b) It is faster than outside the body
- c) It depends on the type of food
- d) It does not involve digestive juices

Answer: b) It is faster than outside the body

8. What was the purpose of the blindfolded taste-testing game played by Jhoolan and Jhumpa?

- a) To identify the colors of food
- b) To test their sense of smell
- c) To explore different tastes
- d) To guess the temperature of food

Answer: c) To explore different tastes

9. In the story "A Stomach with a Window," how long did Dr. Beaumont spend on experiments with Martin's stomach?

- a) One year
- b) Five years
- c) Nine years
- d) Fifteen years

Answer: c) Nine years

10. What common recommendation did Dr. Aparna give to both Rashmi and Kailash for improving their health?

- a) Regular exercise
- b) Medication
- c) Proper food
- d) Fasting

Answer: c) Proper food

SUMMARY

In the narrative "From Tasting to Digesting," Jhumpa and Jhoolan engage in a playful exploration of tastes, highlighting the subjective nature of flavor preferences. Through a blindfolded taste-testing game, the girls challenge each other to identify various tastes, showcasing the interplay of senses in our perception of food. The game involves clever tricks, such as closing eyes and noses, adding an element of surprise and amusement.

The story seamlessly transitions to a fascinating tale about Dr. Beaumont's experiments on Martin's stomach, which had a unique window. Dr. Beaumont's meticulous observations revealed insights into the digestive process, emphasizing the importance of controlled experiments in scientific inquiry. The narrative creatively introduces complex scientific concepts in a digestible manner for young readers.

The subsequent segment delves into health-related issues faced by individuals like Rashmi and Kailash, emphasizing the critical role of proper nutrition in overall well-being. Dr. Aparna's recommendation of "proper food" as the common treatment for both children underscores the significance of a balanced diet. The narrative concludes by prompting readers to reflect on the prevalence of malnutrition and the need for collective efforts to ensure every child's right to adequate and nutritious food. Overall, the text skillfully weaves together elements of play, science, and health, making it an engaging and educational read for young minds.