

Pointer: From tasting to digesting.

1. Taste Buds and Tongue

- Tongue has **taste buds** that help us detect **sweet, salty, sour, and bitter** tastes.
- Different parts of the tongue are **sensitive to different tastes**.
- Smell also helps in identifying taste.

2. Chewing and Swallowing

- **Chewing** food properly is the **first step of digestion**.
- Chewing helps break food into smaller parts and mix it with **saliva**.
- Saliva starts the **digestion of starch** in the mouth.
- Food becomes soft and easy to **swallow**.

3. Digestion Process

- **Mouth** → food is chewed and mixed with saliva.
- **Food pipe (oesophagus)** → pushes food to the stomach.
- **Stomach** → churns food and mixes it with digestive juices.
- **Small intestine** → most digestion happens here; nutrients are absorbed.
- **Large intestine** → absorbs water; leftover waste is passed out.

- Anus: excretion

4. Importance of Digestion

- Digestion helps the body get **energy and nutrients** from food.
- Proper digestion needs **good eating habits**.

5. Good Eating Habits

- **Chew food slowly and properly.**
- Eat at **fixed times**.
- Eat **healthy and clean** food.
- Wash hands before and after eating.

6. Problems due to Poor Digestion

- Eating in a hurry or not chewing properly can cause:
 - **Indigestion**
 - **Stomach pain**
 - **Gas or bloating**