

Q.1 Give one word answer:-

- 1) The process of breaking down of food into simpler form.
- 2) A vegetable eaten raw.
- 3) A food item rich in starch.
- 4) A digestive liquid secreted by salivary glands.
- 5) The diet which contains all the nutrients in the right amount.

Q.2 Fill in the blanks:-

- 1) The undigested food passes into the _____ intestine.
- 2) _____ is the fibre present in our food.
- 3) _____ and _____ pour their digestive juices into small intestine.
- 4) _____ is a way of preserving food.
- 5) Food rich in _____ and _____ keep us fit and healthy.
- 6) _____ give us more energy than carbohydrates.
- 7) In the stomach, _____ are broken into a simpler form.
- 8) Cooking makes food _____, tasty and easily _____.
- 9) _____ and _____ are ways of cooking food.
- 10) Our stomach is a hollow, _____ bag.