

**The Human Body**  
**Digestive and Excretory Systems**

I. **Define the Terms:-**

1. **Digestion**

The process of absorbing nutrients from the food eaten.

2. **Saliva**

The digestive liquid in the mouth; also called spit.

3. **Excretion**

The process of removing waste and toxins from the body.

II. **Questions – Answers**

**Q1. How does the digestive system help us?**

Ans. The digestive system helps us to:-

- a. break down the food into a simpler form
- b. absorb the nutrients released to be used by the body
- c. remove solid waste.

**Q2. What are the parts of the digestive system?**

Ans. The parts of the digestive system are:-

- a. Mouth
- b. Food pipe or Oesophagus
- c. Stomach
- d. Small Intestine

- e. Large Intestine
- f. Rectum
- g. Anus

**Q3. Name the parts of the excretory/urinary system.**

Ans. The parts of the urinary system are:-

- a. a pair of kidneys
- b. a pair of ureters
- c. urinary bladder
- d. urethra

**Q4. List 3 habits that should be followed for a healthy digestive and excretory systems.**

Ans. The 3 habits that should be followed for a healthy digestive and excretory systems are:-

- a. We should eat slowly and chew the food well.
- b. We should drink enough water throughout the day.
- c. We must eat nutritious food which is rich in fibre.

**Q5. Why is it important to chew our food well?**

Ans. It is important to chew our food well so that:-

- a. it is easy to digest
- b. nutrients can be absorbed well
- c. waste and toxins can be removed properly.

**Q5. Describe the various parts of the digestive system.**

Ans. The various parts of the digestive system are:-

- a. Mouth

The teeth helps in chewing the food well. The tongue mixes this food with saliva to make it softer. Digestion of glucose takes place in the mouth.

b. **Food Pipe**

It is also known as the oesophagus and carries the food to the stomach.

c. **Stomach**

It works like a mixer-grinder to churn the food with the digestive juices.

d. **Small Intestine**

It is a long hollow tube where nutrients from the food are absorbed.

e. **Large Intestine**

It is much shorter and wider than the small intestine. It absorbs water from the undigested food.

f. **Rectum**

It stores the undigested food waste in the form of faeces.

g. **Anus**

It helps remove the solid waste from the body.

**Q6. Describe the various parts of the urinary system.**

Ans. The various parts of the urinary system are:-

a. **Kidneys**

It filters the water in the body and forms urine.

b. **Ureters**

These thin tubes carry the toxic urine to the urinary bladder.

c. **Urinary Bladder**

It stores the urine before flushing it out of the body when full.

d. **Urethra**

It helps flushing the urine out of the body.

### III. **Revision**

1. Digestion of glucose starts here – **Mouth**

2. This muscle helps in mixing food with saliva – **Tongue**

3. Undigested food waste – **Faeces**

4. This carries nutrients to different body parts – **Blood**

5. Waste removal is called – **Excretion**

6. This contains the harmful substances formed in the body – **Urine**

7. Other name for food pipe – **Oesophagus**

8. This organ produces digestive juices – **Liver**

9. Food waste is stored here – **Rectum**

10. Improper bowel movement leads to this –  
**Constipation and Discomfort**