

TENDER HEART HIGH SCHOOL, SEC-33B, CHD

Class: IV

Subject: Science

Topic: The Digestive and Excretory systems

Date: 06.05.2024

Good Morning students

This lesson is for class IV, topic The Digestive and Excretory system from your textbook Srijan ICSE Science and is being submitted to you on 06.05.2024.

Ch-3

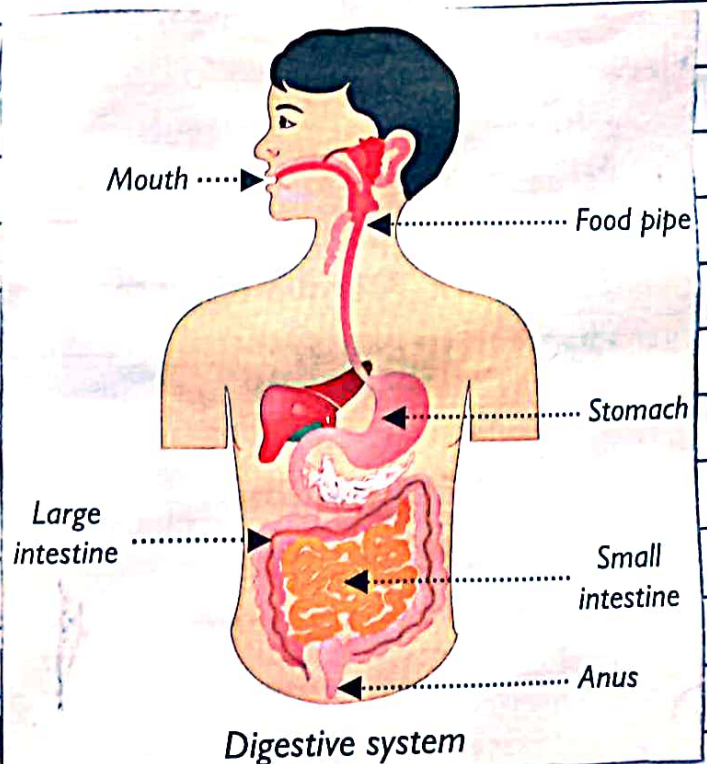
* The Digestive and Excretory systems

Our body is a complex machine. Many systems work together to keep us healthy.

* The digestive system

The digestive system is made up of digestive organs and digestive glands.

Digestive organs are mouth, food pipe, stomach, small intestine, large intestine, rectum and anus.



The process of digestive system begins from the mouth. When we take food inside our mouth, our teeth bite and chew the food. When we chew the food, small salivary glands in our mouth release saliva.

The chewed food goes into the stomach through the food pipe or oesophagus. Stomach is a hollow, muscular bag. The food is churned here.

From the stomach the semi-digested food is pushed into the small intestine. The inside walls of the small intestine produce a juice that mixes with the food. The liver and pancreas also release digestive juice that mixes with food.

The blood vessels present in the walls of the small intestine absorb the digested food and carry it to all the parts of the body.

The undigested food is then pushed into the large intestine. They absorb the extra water. Finally the semi-solid waste is passed out through the anus.

* We should chew the food well because

- proper chewing helps in swallowing the food easily into food pipe.
- chewing helps in release of more saliva from salivary glands.
- A well-chewed food is digested properly.
- chewing makes our gums strong.

* Need of regular bowel movement

Passing the faeces out from the body is called bowel movement. The regular bowel movements are necessary because if faeces is kept in the body for long it will harm the body and cause constipation. The roughage part of food helps in easy bowel movements and cleanses the digestive system.

* Home - assignment

Read the chapter thoroughly.

Thank you.