

Jander Heart High School, Chandigarh.
Class - VI
Subject - Biology
L-4 Digestive System

Good Morning Children! This lesson is of Class VI for the subject of Biology, Chapter 4, 'Digestive System' of your textbook Concise Biology, Salina Publications. It is being submitted to you on 1.10.24

Food is the fuel for life. 'Nutritious food' provides us with all the necessary substances.

Types of nutrients:-

Nutrients are classified into five major groups:-

- **Carbohydrates:** provide energy.
- **Proteins:** provide the body with building material to grow
- **Fats:** provide energy and help in insulating the body.
- **Minerals:** provide ability to fight against diseases.
- **Vitamins:** are needed for the normal functioning of various body processes.
- **Macronutrients:-** Nutrients that are needed in larger quantities. eg: Carbohydrates, fats, proteins etc.
- **Micronutrients:-** Nutrients that are required in minute quantities. eg: Minerals, vitamins etc.

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Nutrition:- The process by which all organisms obtain food and convert it into simple substances so that it can be utilized by the body is known as nutrition.

Steps of nutrition:-

- i) Ingestion (ii) Digestion (iii) Absorption
- iv) Assimilation v) Egestion.

Digestive System in Humans:-

Digestion: It is a process by which the complex food is broken down into simpler substances.

Mouth:- The mouth has upper and lower lips. The lips help in closing the mouth during swallowing.

Ingestion: Food is taken through the mouth. This is called as ingestion.

Types of teeth:-

- 1) **Incisors:-** are the four front teeth at the middle of each jaw. These help in biting and cutting.
- 2) **Canines:-** are one on either side of the incisors in each jaw. They are pointed for tearing the food.
- 3) **Premolars:-** are two on each side of canines in each jaw. They help in crushing and grinding the food.
- 4) **Molars:-** are the last three teeth on each side in each jaw. These help in crushing food.

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- 1) **Wisdom Tooth**:- The last molar on each side in each jaw is called as the **Wisdom tooth**.
- 2) **Milk Teeth**:- The temporary teeth (20) appear in young children at the age of 5-6 years. These are called as **Milk teeth**.
- 3) **Permanent Teeth**:- These teeth appear at the age of 12-13 years.

An adult has 32 teeth in all.

I am ending today's lesson.

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