

Digestion :- The process by which food is changed to a simpler form after it is eaten is called digestion. The organs of our body involved in digestion are the mouth, food pipe, stomach, small intestine, liver, large intestine and anus. Together, they make up the - digestive system.



Healthy Eating Habits

To stay fit and healthy, we should follow some healthy eating habits.



1. Eat plenty of fruits and vegetables.
2. Wash your hands before and after eating.
3. Never laugh or talk when you eat your meal.
4. Chew your food well.
5. Rinse your mouth every time you eat something.
6. Eat clean and well cooked food.
7. Drink plenty of water.



Answer the following questions.

1. Find the meaning of these words :
Digestion, Saliva, swallowing, Pancreas, Energy
2. Write and learn any five healthy eating habits.
3. Make your own list of habits that you follow every day. Write whether they are healthy or not.

