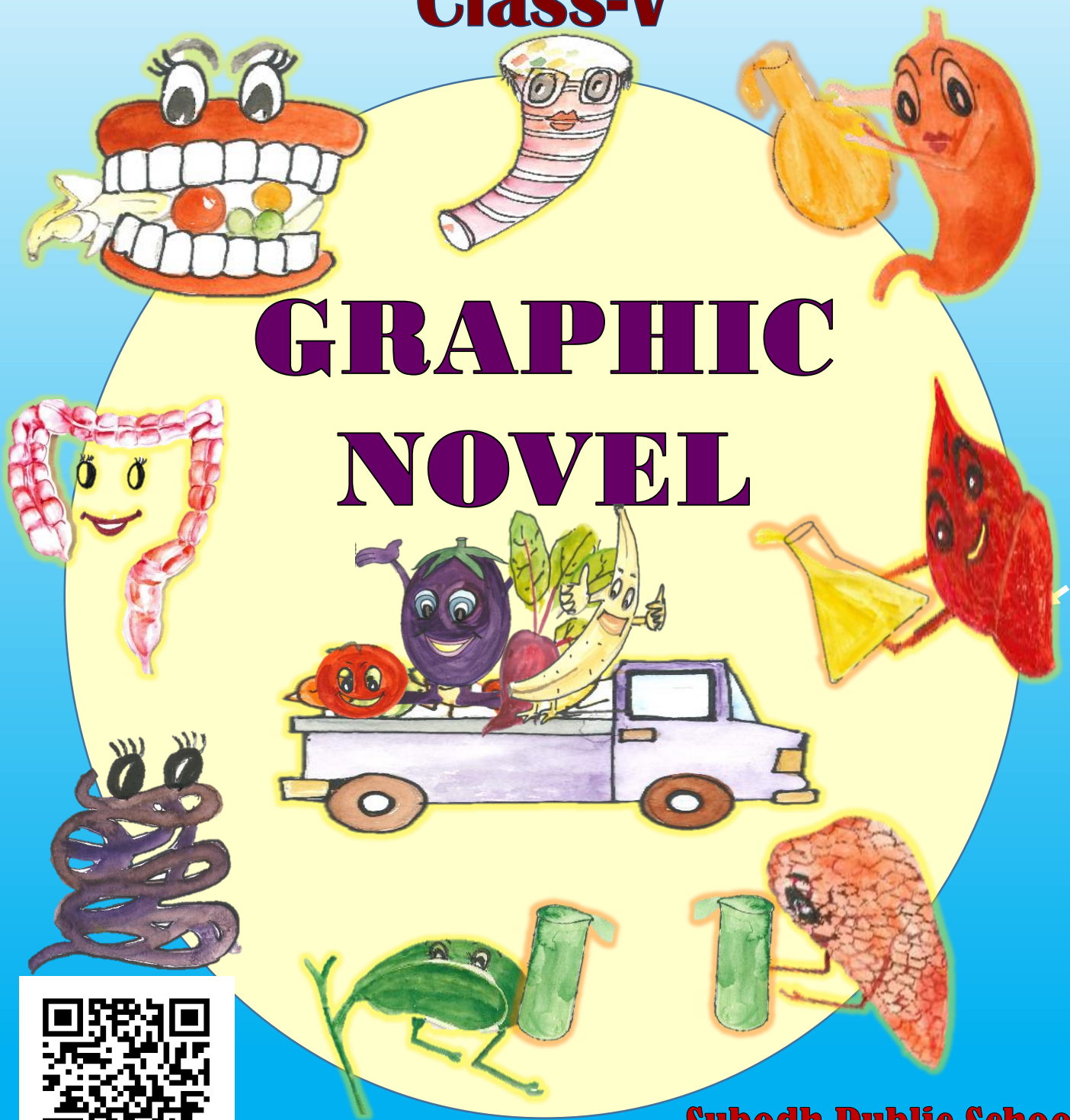


From Tasting to Digesting

EVS

Class-V

GRAPHIC NOVEL



0529CH03

Subodh Public School

Airport, Jaipur

Affiliated to C.B.S.E

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Acknowledgement

It is a matter of immense pleasure to acknowledge that this Graphic Novel is the outcome of co-ordination and team work of teachers from different subjects and classes of Subodh Public School, Near Airport Terminal 1, Jaipur.

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Disclaimer

This Graphic Novel is published as a learning material to enable the students to have a better understanding of different types of nutrients present in the food and digestion of food .

Printed & Published by : Subodh Public School,
Near Airport, Terminal -1,
Jaipur

Preface

The Graphic Novel “**From Tasting to Digesting**” is designed to introduce the learners to food, its components and the digestive system of the human body.

This is an interesting attempt which presents all the facts creatively, clearly and the language used is easy to understand. It is an effort to provide the students with maximum knowledge in a compact form.



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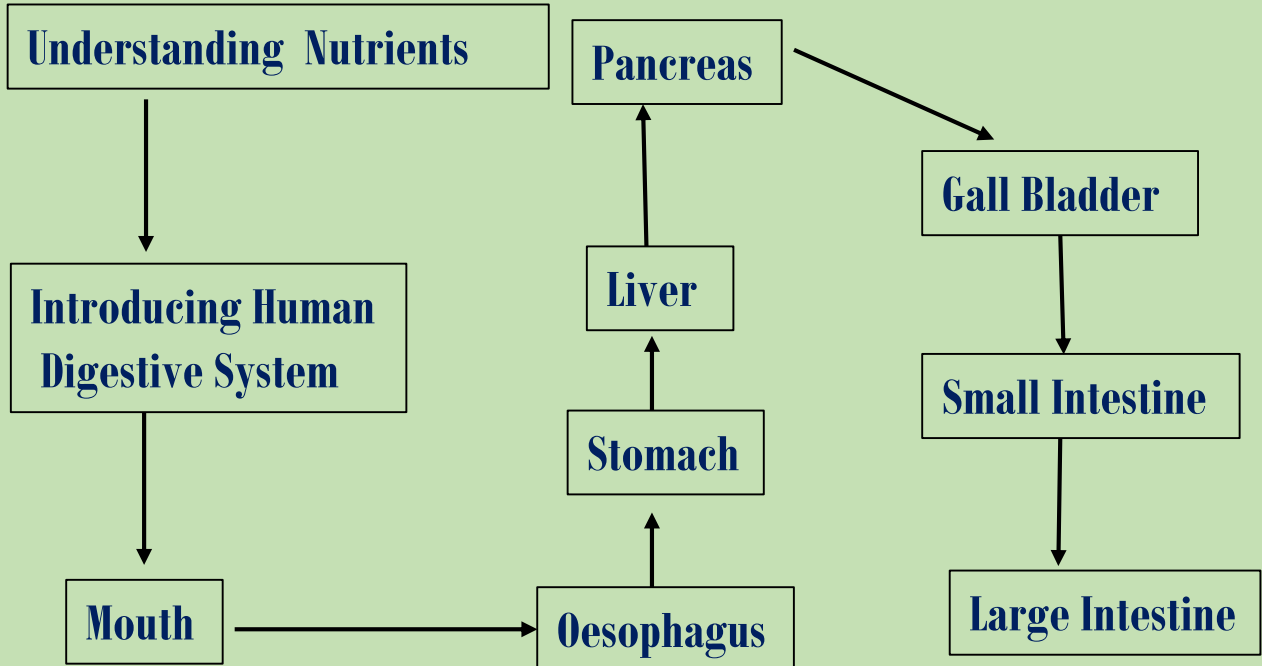
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Learning Outcomes

Students will be able to:-

- ❖ Understand the importance of good health.
- ❖ Categorise the nutrients present in the food they eat everyday.
- ❖ Understand that different people have different food preferences.
- ❖ Identify the various parts of the digestive system.
- ❖ Understand the process of digestion.
- ❖ Understand about the different types of teeth and their functions.

Story Board



CHARACTERS

Vivan
10 years old Boy



Mrs. Amita
Vivan's mother



Dadi
Vivan's grandmother



Mr. Aakash Gupta
Vivan's father

Anisha
Vivan's classmate



Mr. & Mrs. Sharma
Anisha's parents



Vikas & Swati
Anisha's uncle & aunty



Paridhi
Anisha's sister

Zoya
Vivan's classmate



Vinita
Zoya's mother

Neerja
Science Teacher



Vibha
School Nurse



Neha
Samyak's sister & dentist



Dada ji
Samyak's grandfather

Vivan's classmates



Suyash



Rohit



Aman



Prateek



Rahul



Aditya



Preeti



Sneha

Vivan is smart, polite, kind and everything that a little boy should be. Well, everything except for one thing- he likes eating junk food! For him, the cheese of pizza, smell of pasta and slurp of noodles is everything and he can't compromise with his taste. One Sunday evening...

Mumma, what are you planning to give me in my lunch box tomorrow?

Mixed vegetables and Stuffed parantha.



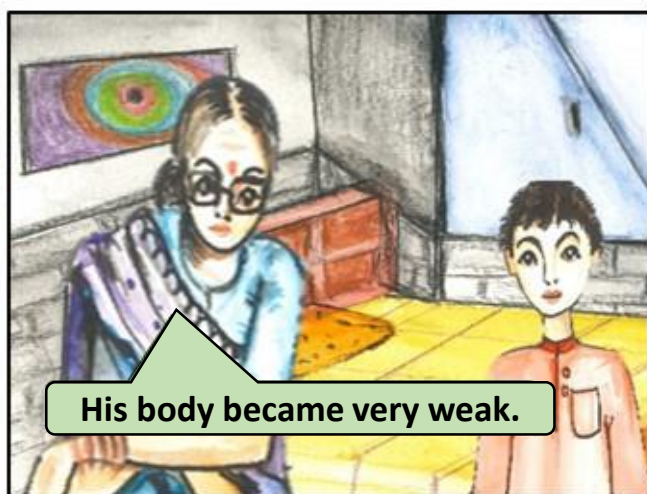
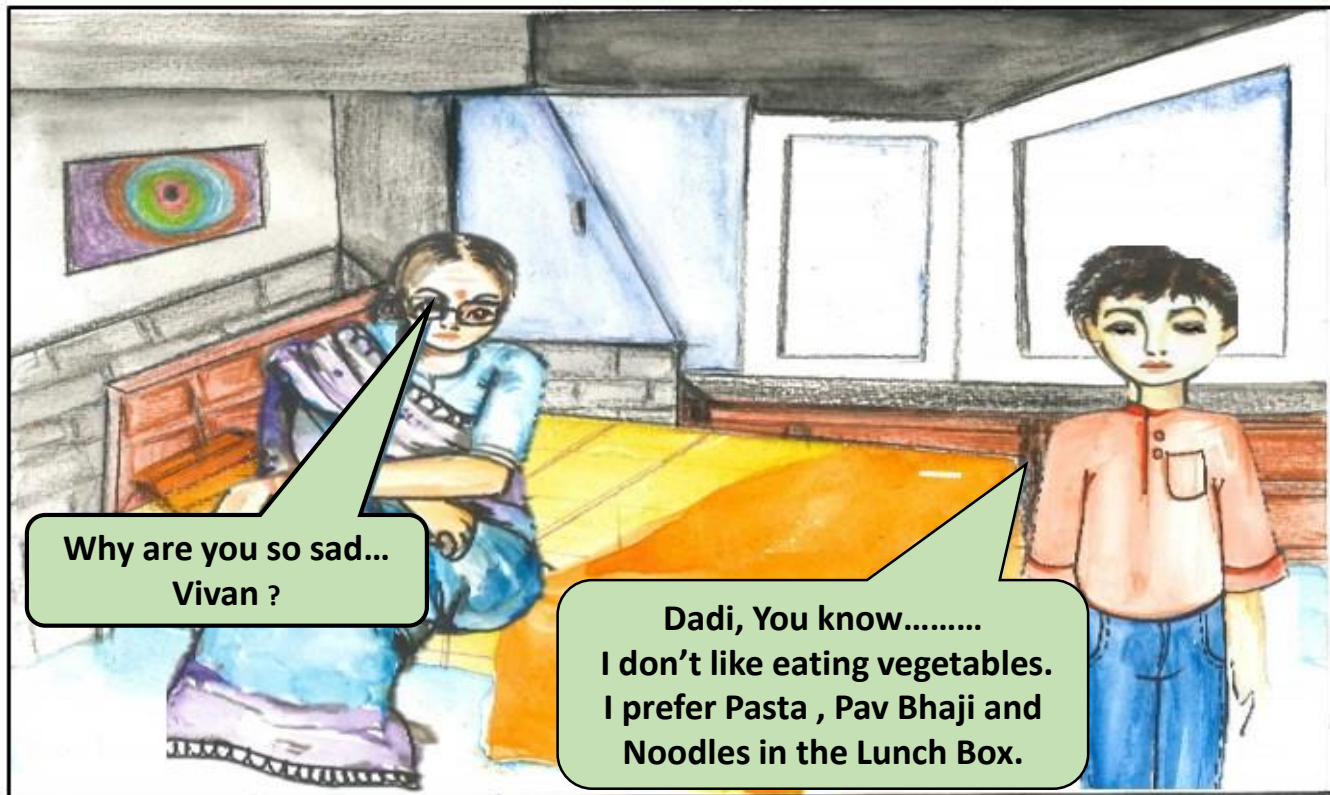
I don't like mixed vegetables especially the green leafy vegetables.



Mumma why don't you ever give Pasta or Noodles in my lunch box?

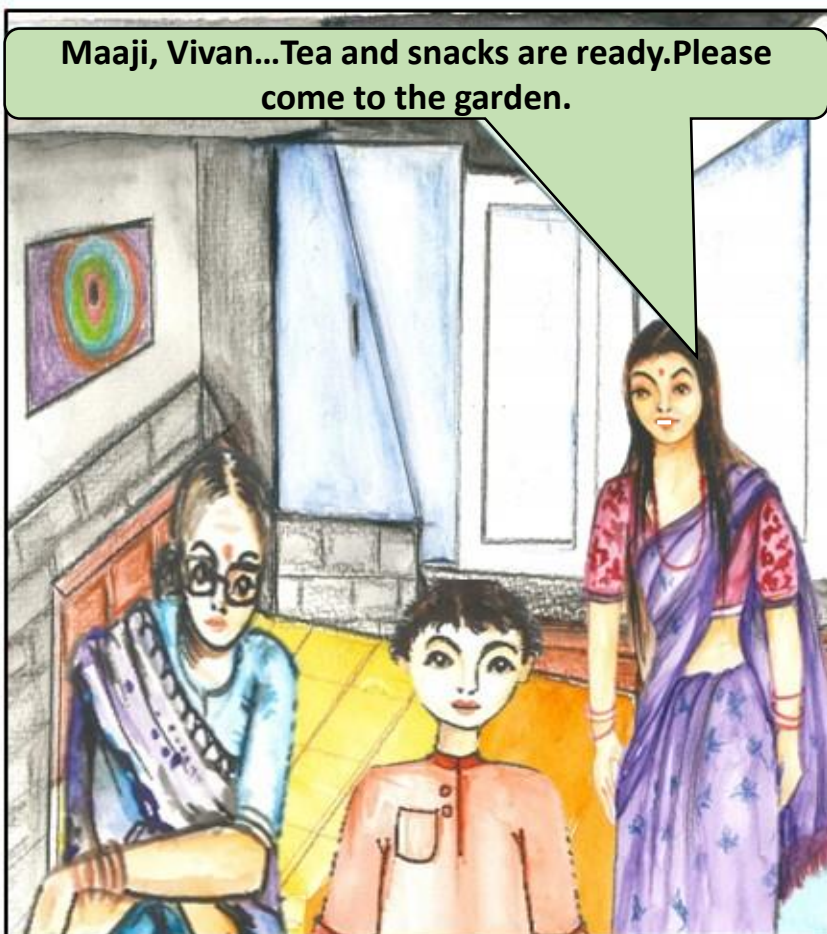
Junk Food is not good for your health.

Vivan enters his grand mother's room in a sad mood.

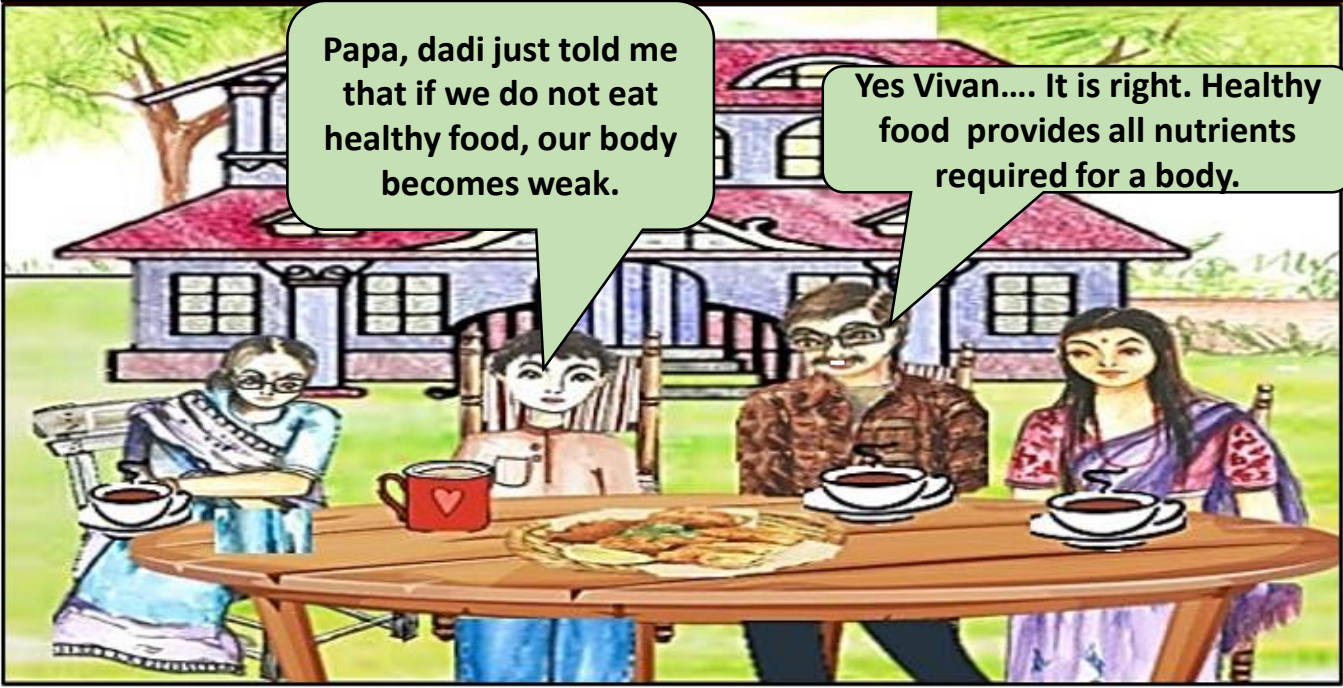




Vivan's mother enters in the room.



Vivan's father also joins them in the evening.

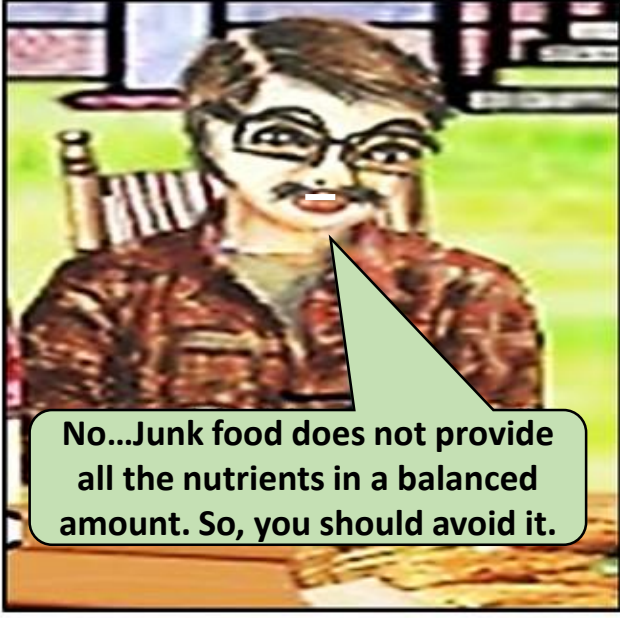


Papa, dadi just told me that if we do not eat healthy food, our body becomes weak.

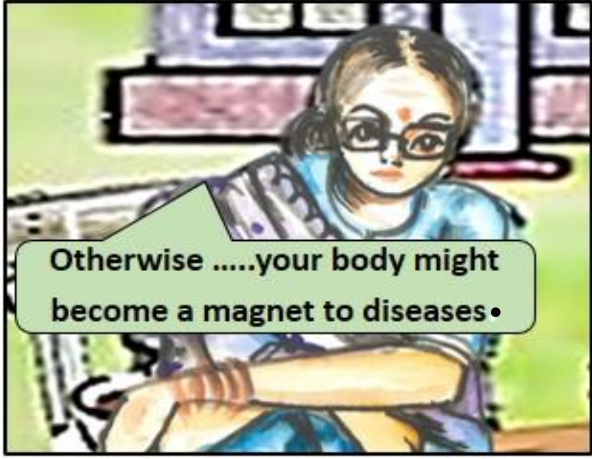
Yes Vivan.... It is right. Healthy food provides all nutrients required for a body.



Can't we get these nutrients from junk food?



No...Junk food does not provide all the nutrients in a balanced amount. So, you should avoid it.



Otherwiseyour body might become a magnet to diseases•



I hope, you can understand now that you should eat food which contains all the nutrients.

Activity 1: Sorting Healthy and Unhealthy Food

Cut the pictures from old books/newspapers/magazines & paste them under the relevant categories:

HEALTHY

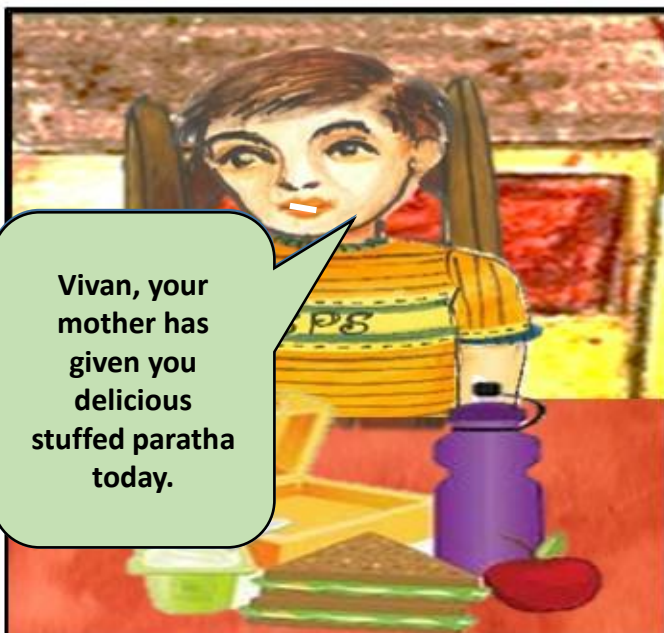
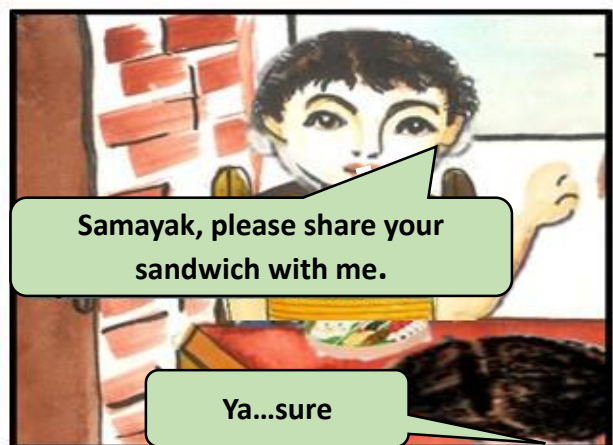
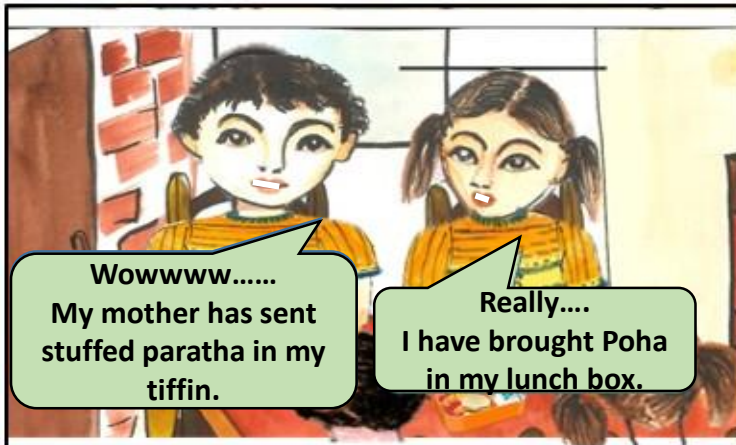
UNHEALTHY

Activity 2: Junk Food

Activity-2: Recognize the pictures and name the junk food:

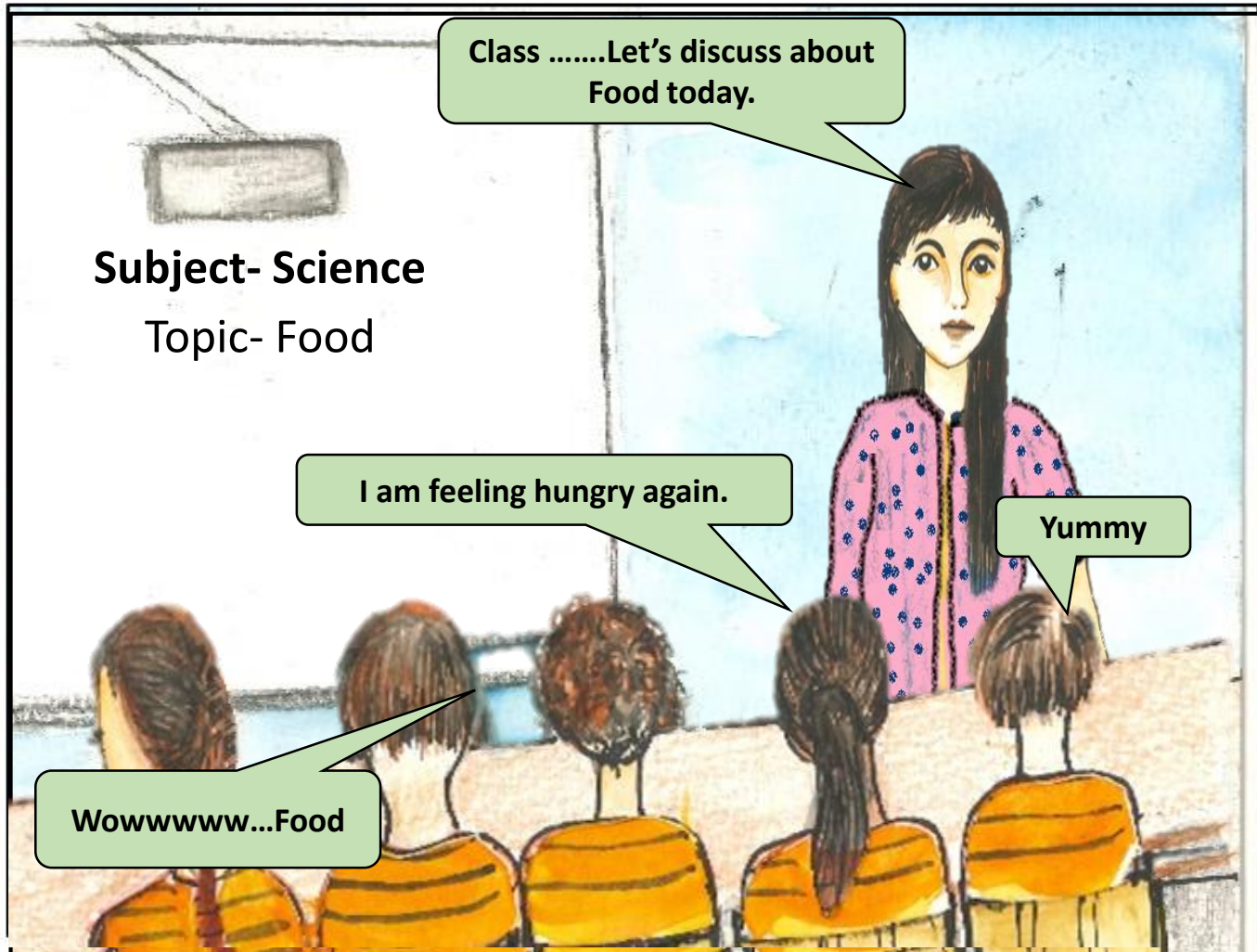
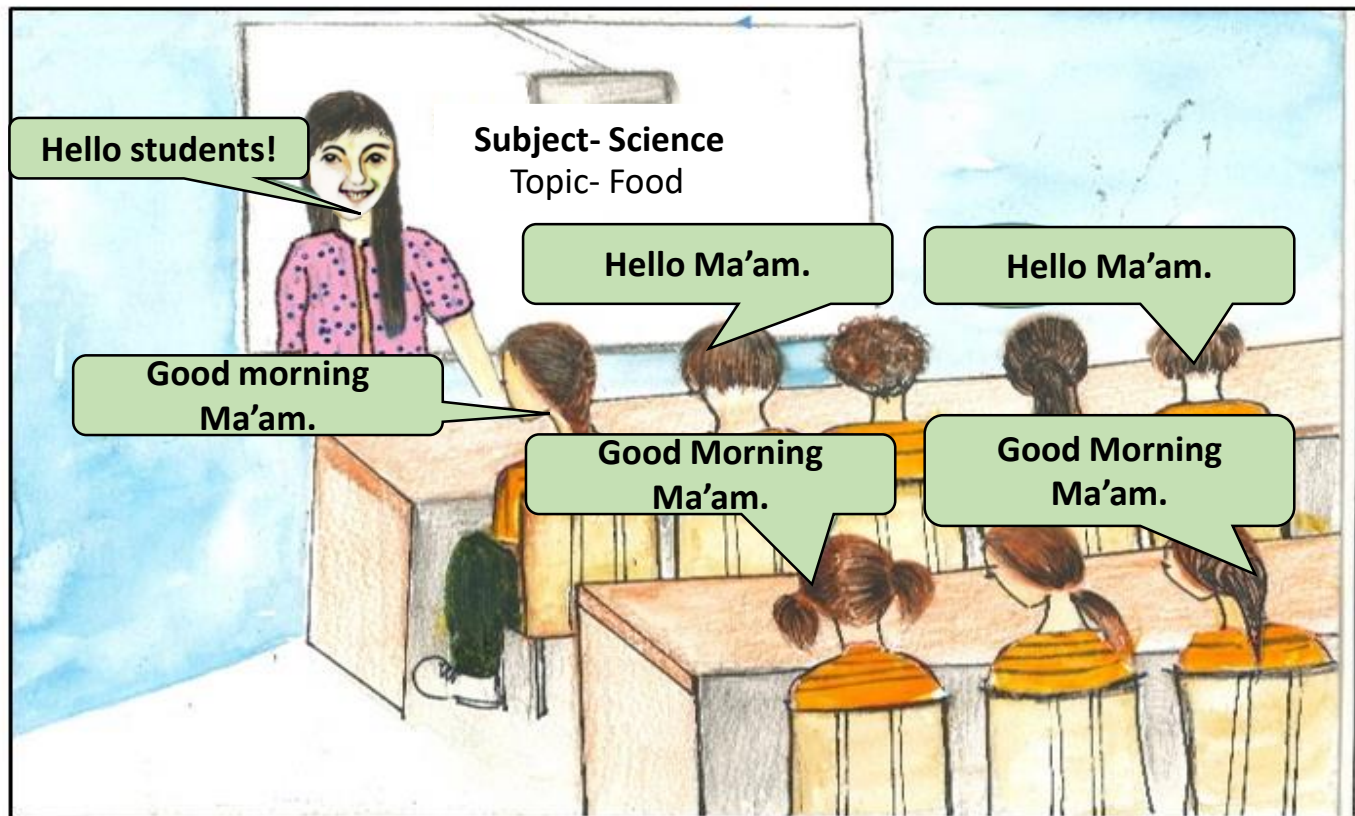


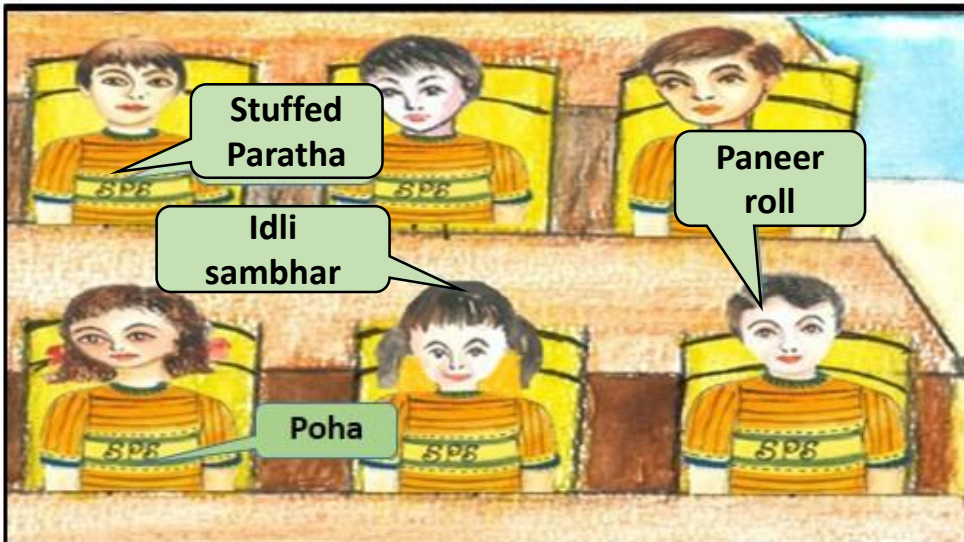
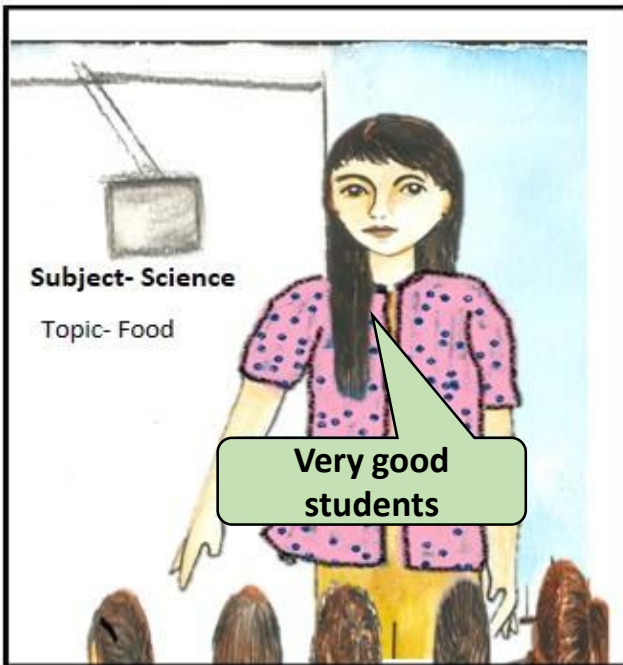
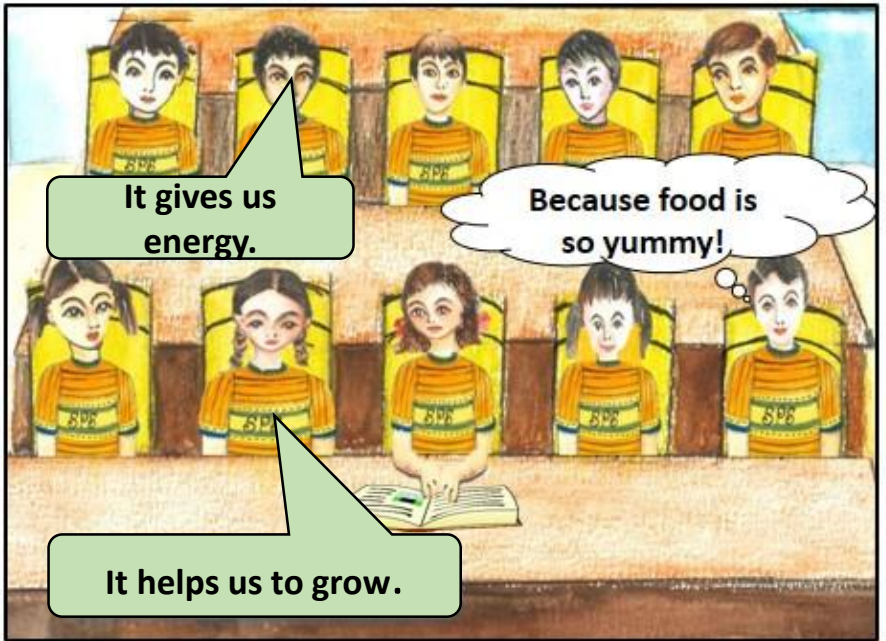
Next morning-Vivan is taking lunch with his friends in the school canteen..

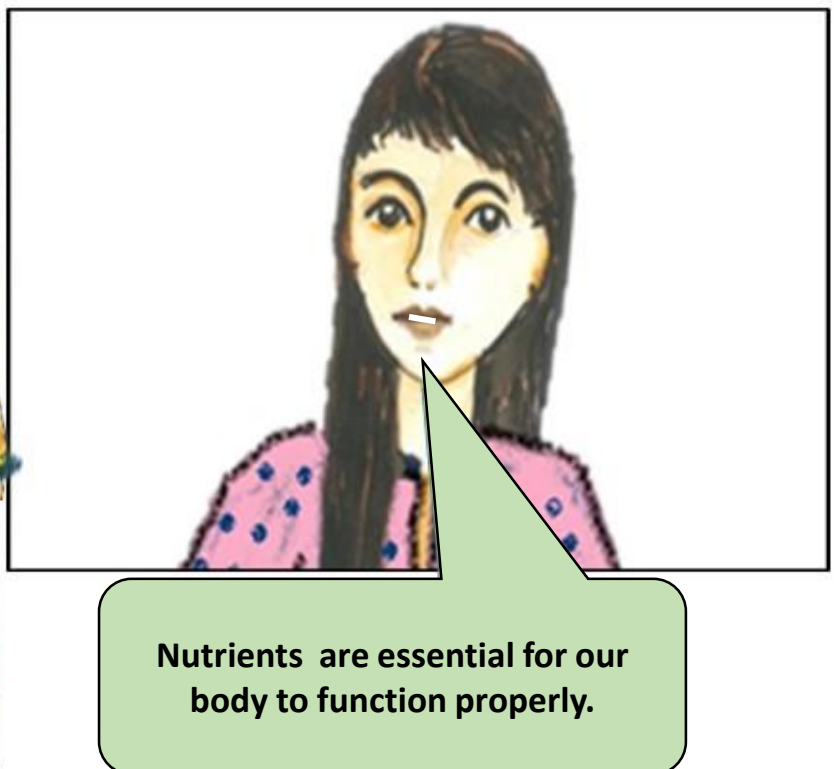
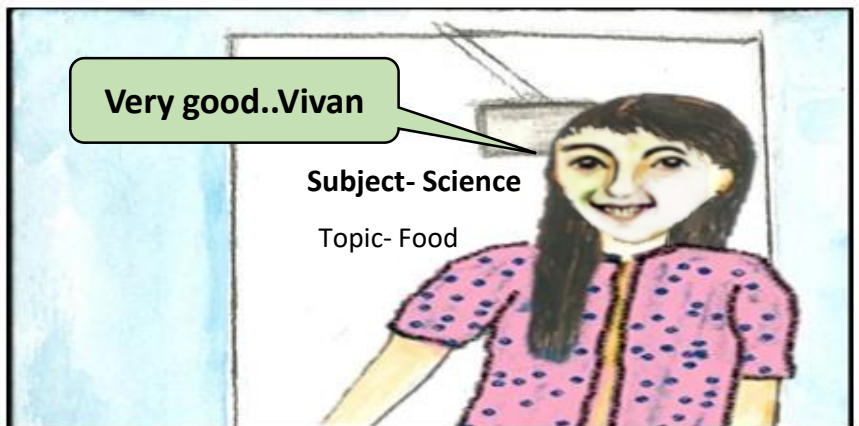
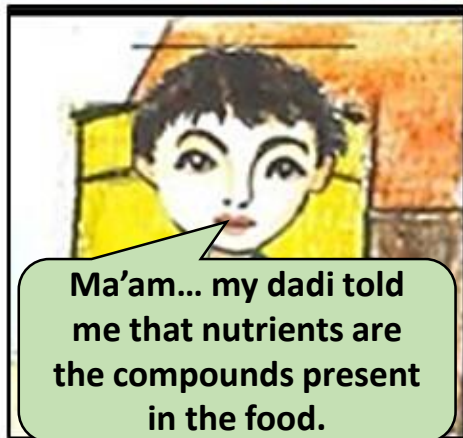
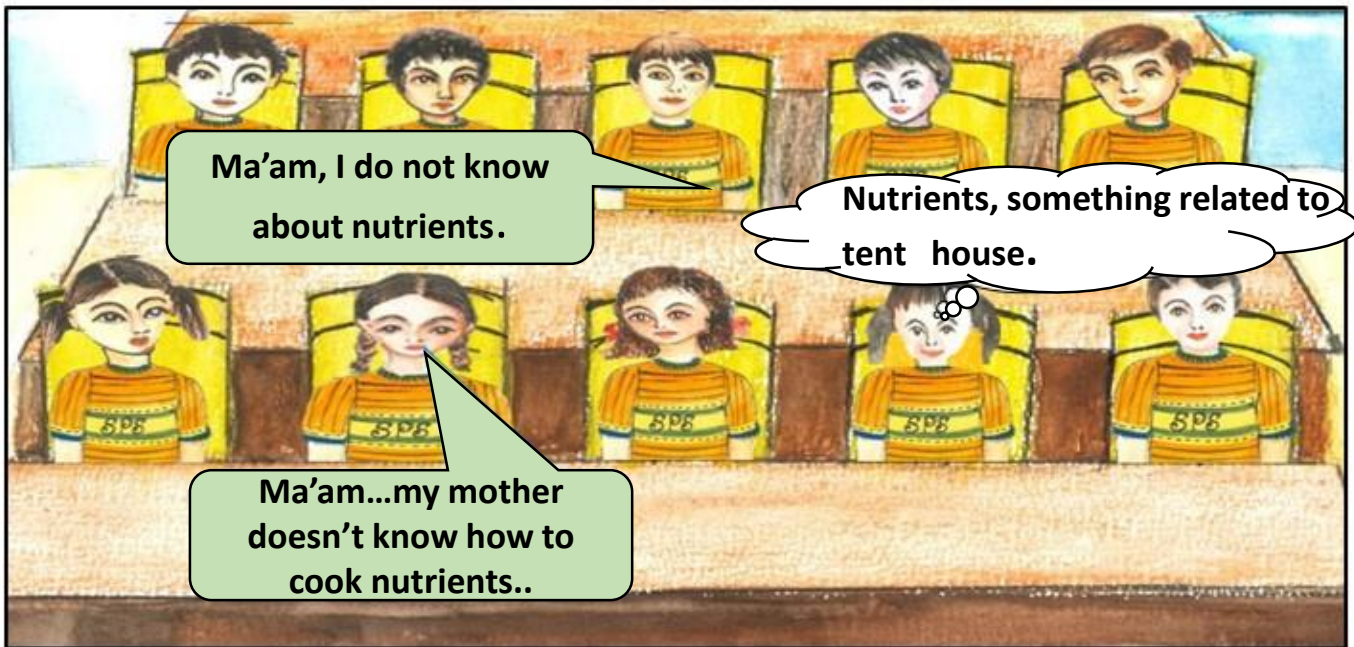


Bell rings.....and lunch time gets over

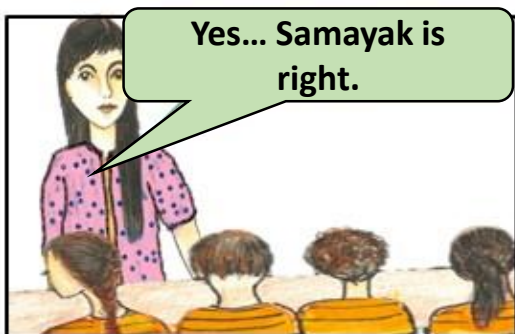
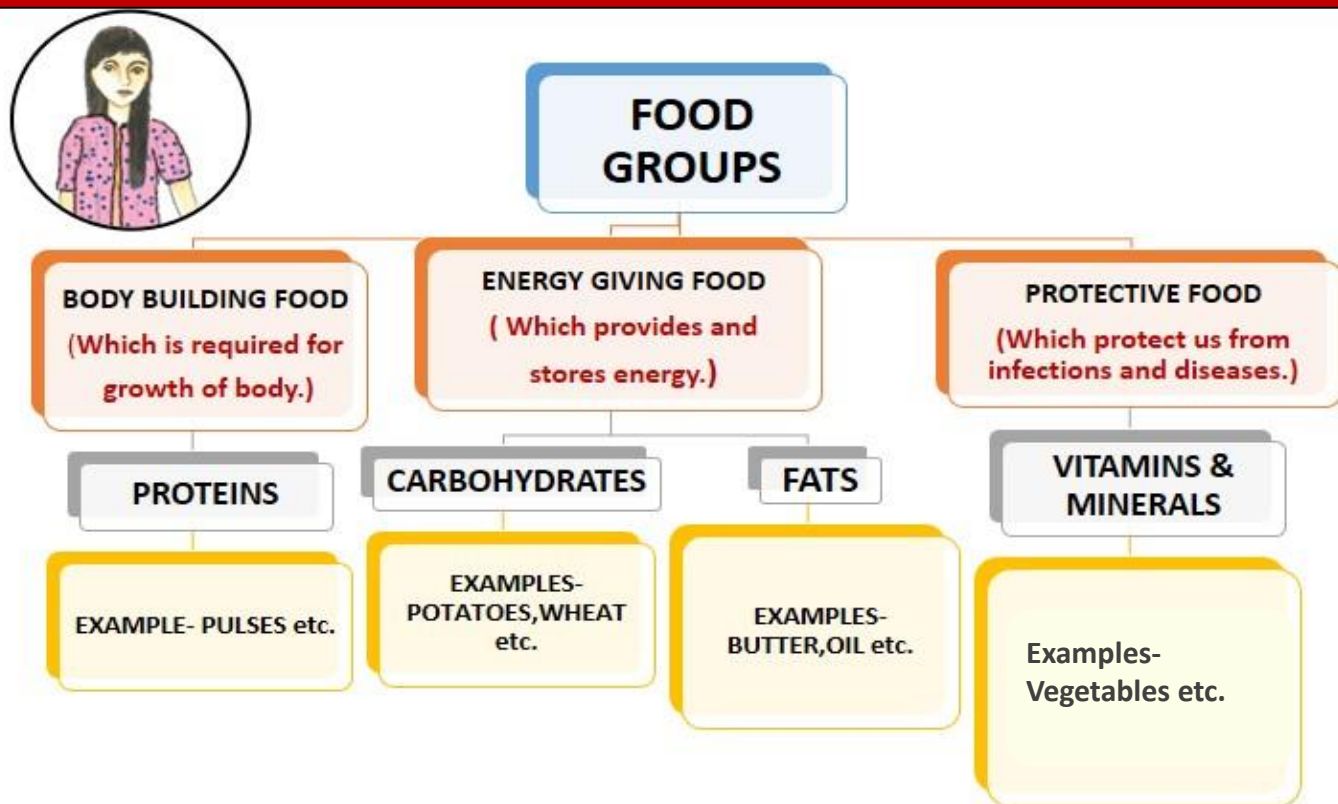
TRRING
GGGGG
...

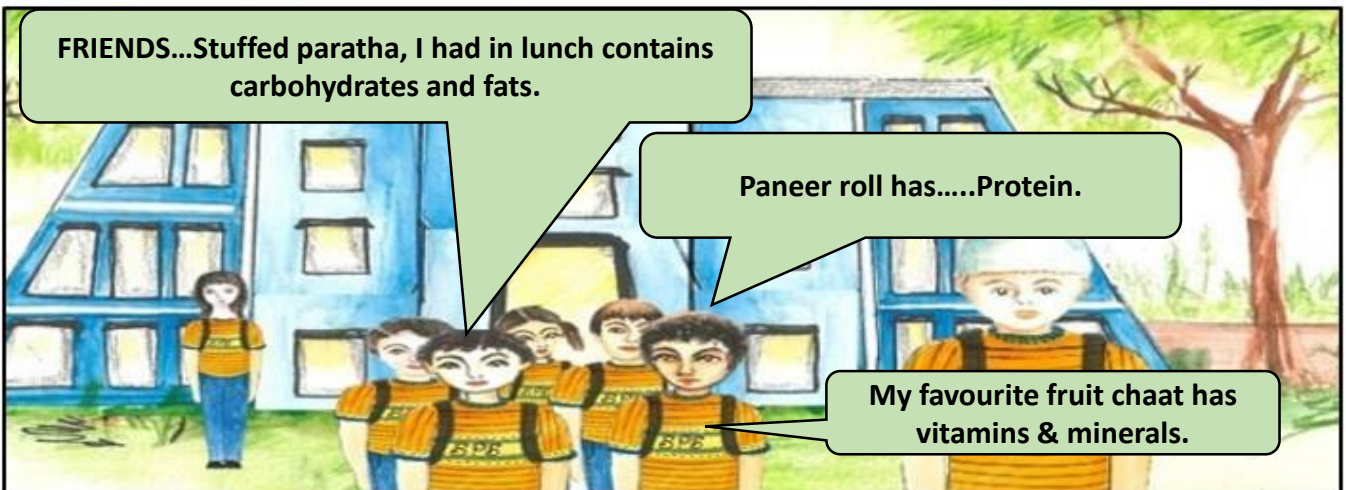
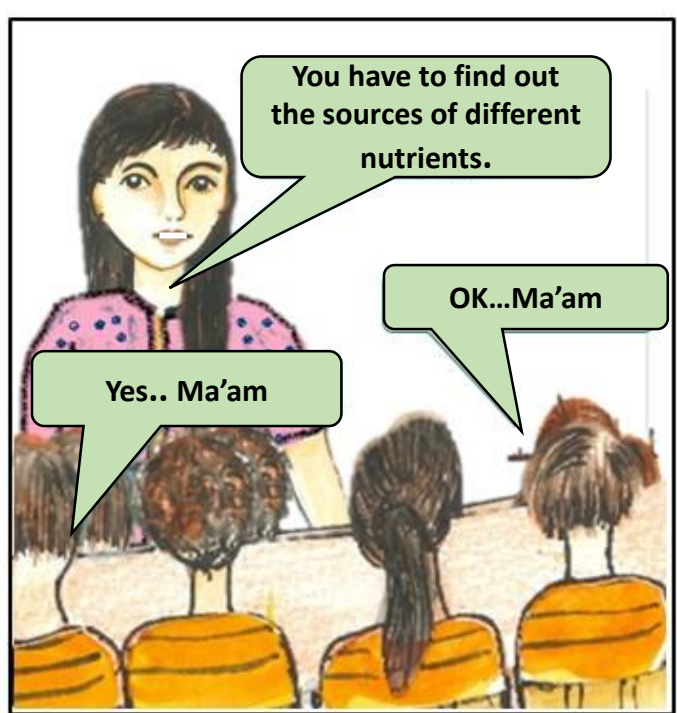
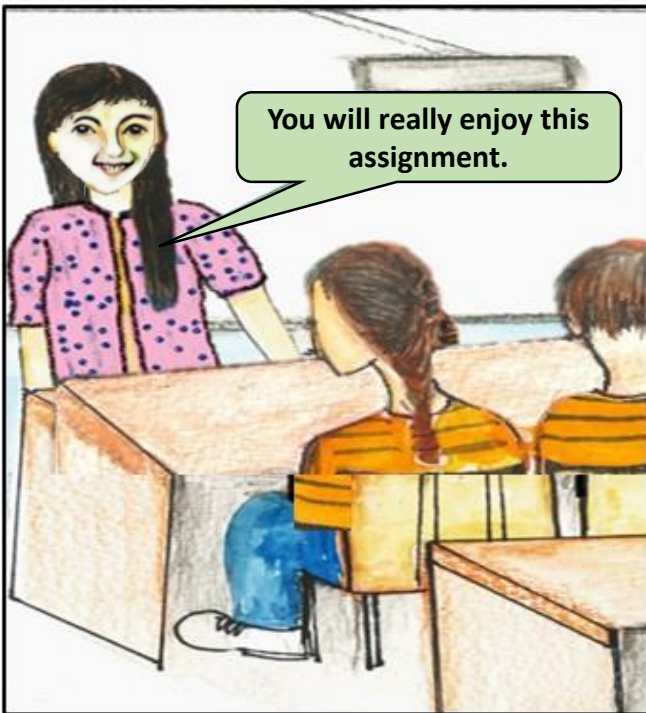




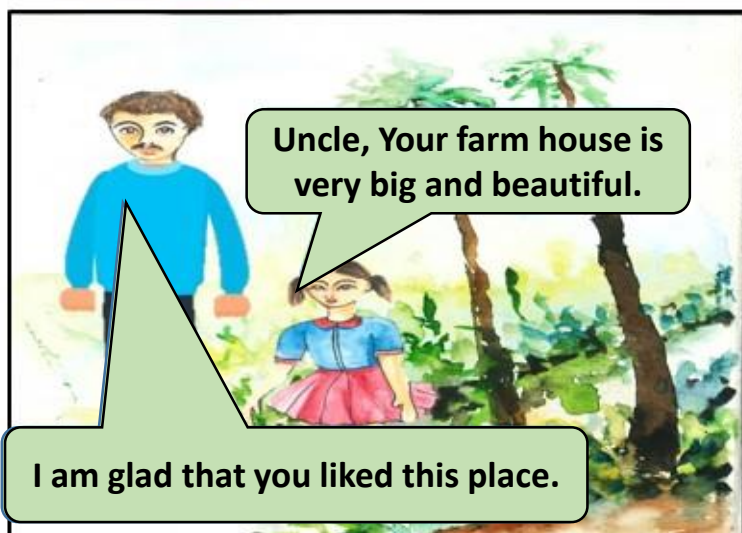


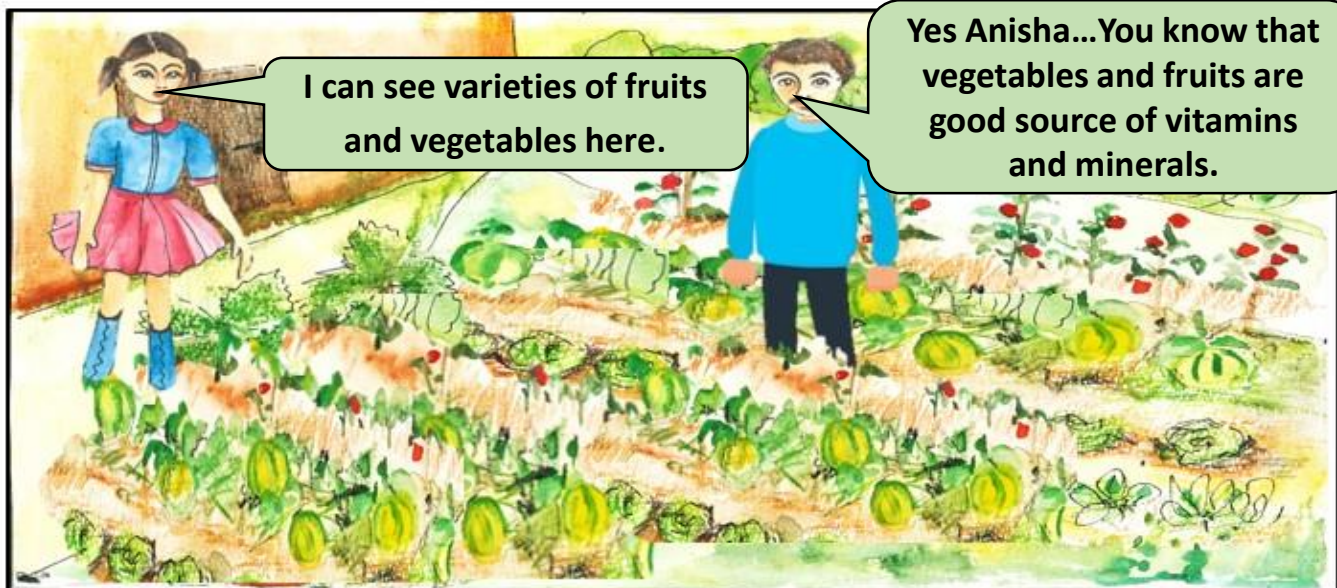
Teacher explains different types of food and nutrients present in it, with the help of Flowchart on the Smart Board.





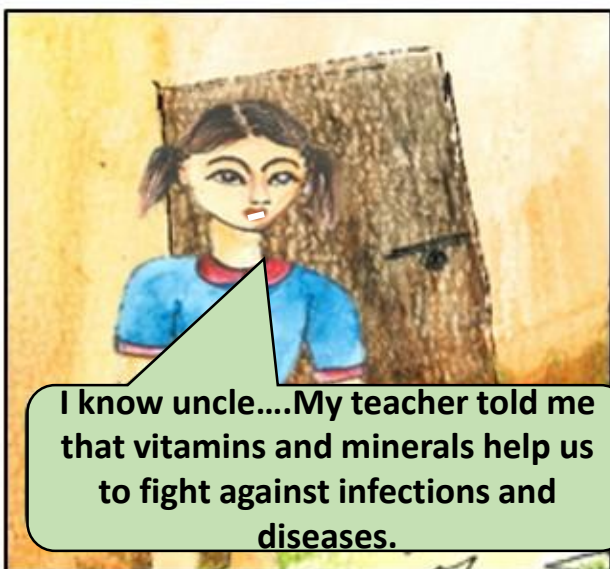
Same evening Anisha comes to her uncle's farmhouse with her parents.



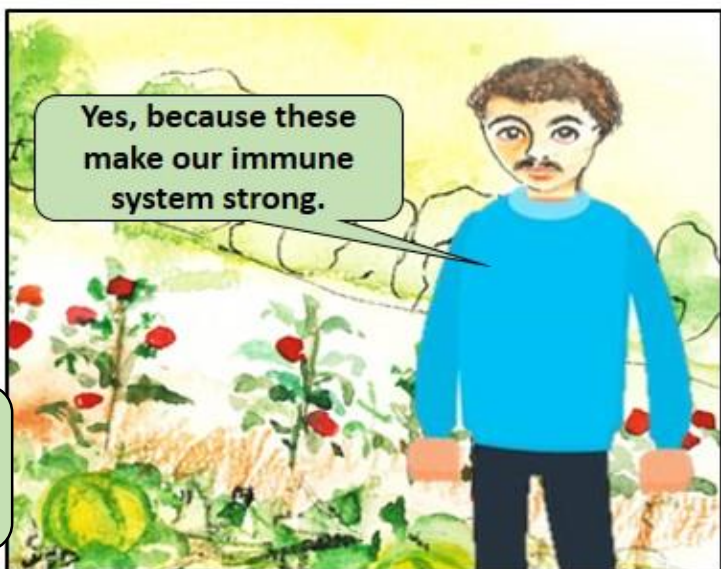


I can see varieties of fruits and vegetables here.

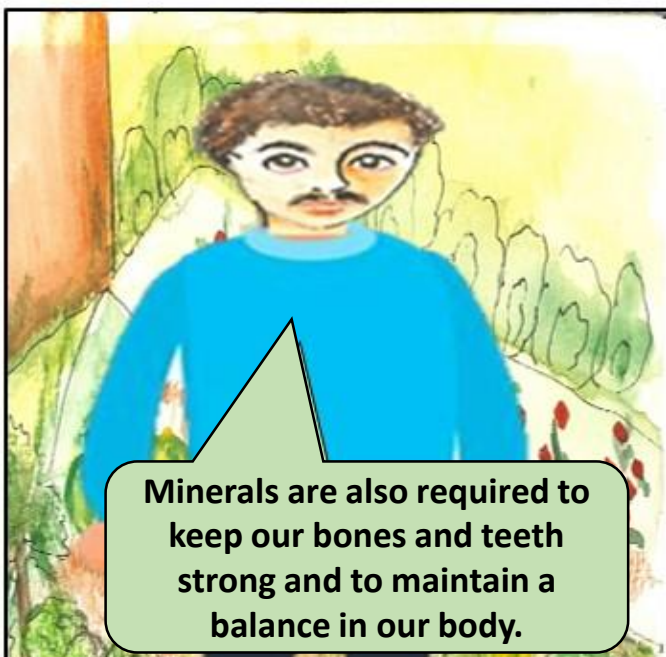
Yes Anisha...You know that vegetables and fruits are good source of vitamins and minerals.



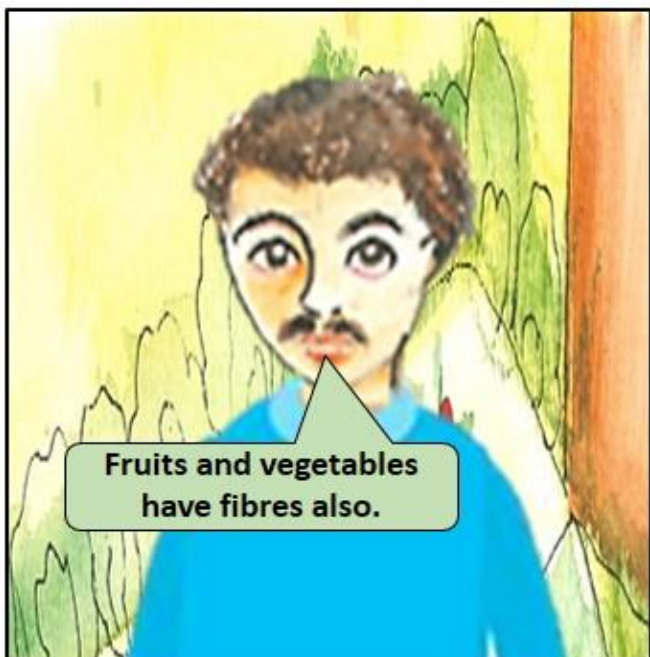
I know uncle....My teacher told me that vitamins and minerals help us to fight against infections and diseases.



Yes, because these make our immune system strong.



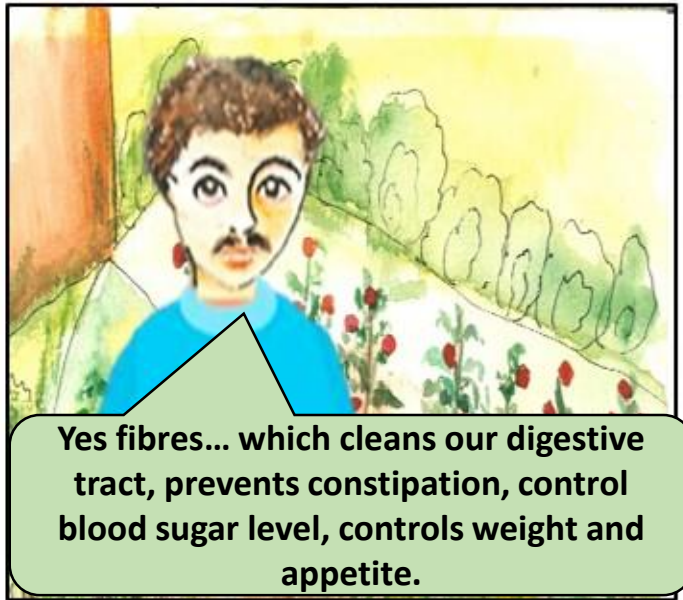
Minerals are also required to keep our bones and teeth strong and to maintain a balance in our body.



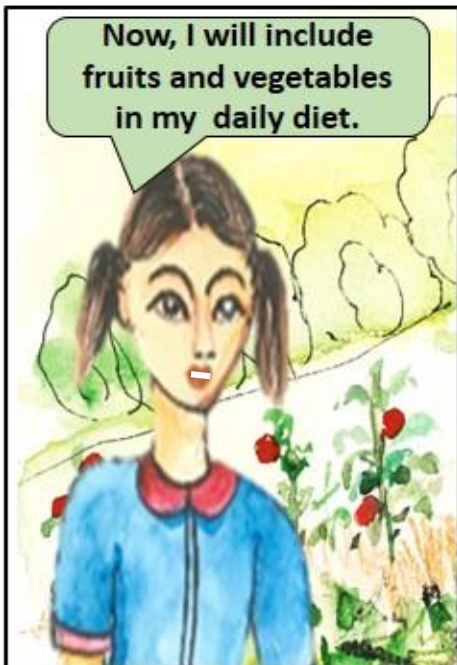
Fruits and vegetables have fibres also.



Fibres?????



Yes fibres... which cleans our digestive tract, prevents constipation, control blood sugar level, controls weight and appetite.



Now, I will include fruits and vegetables in my daily diet.

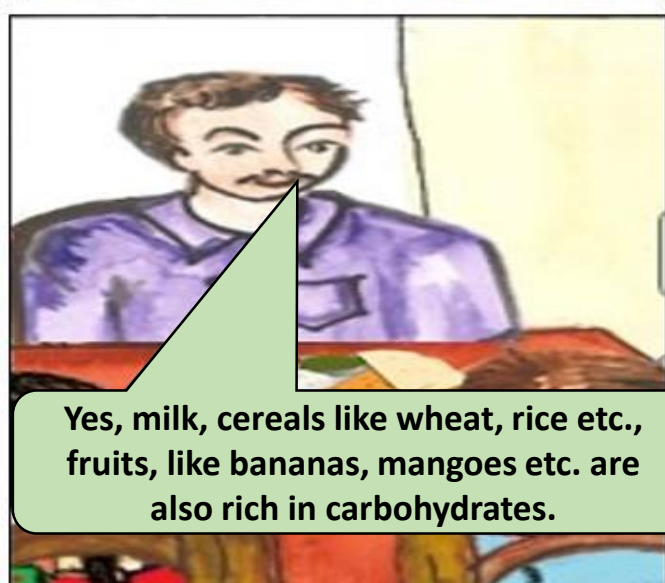
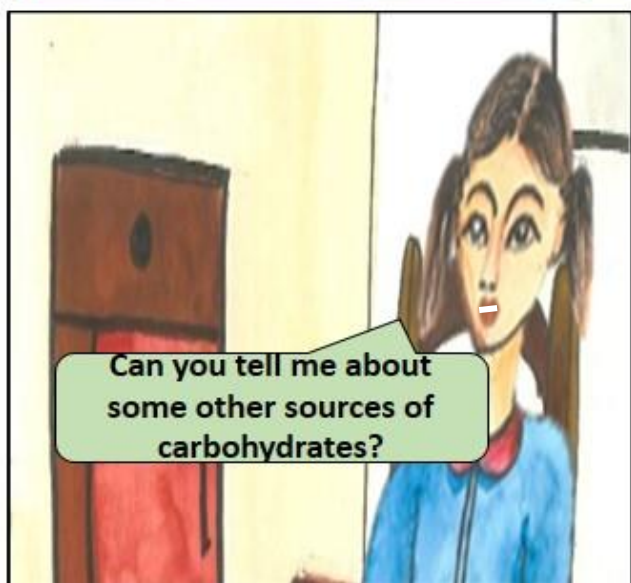
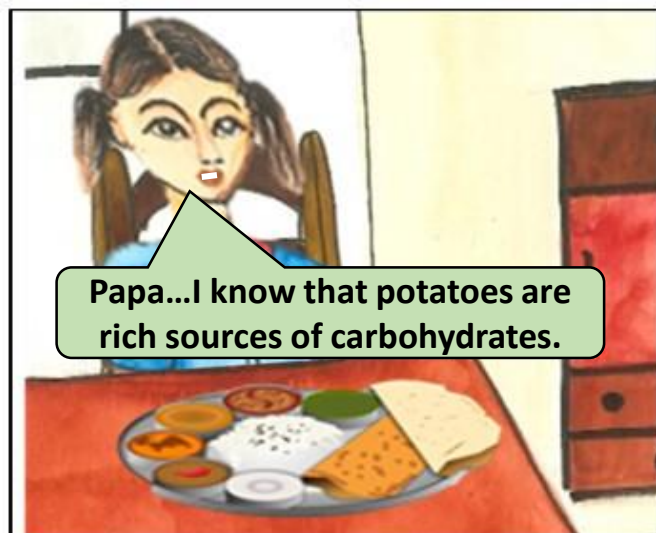
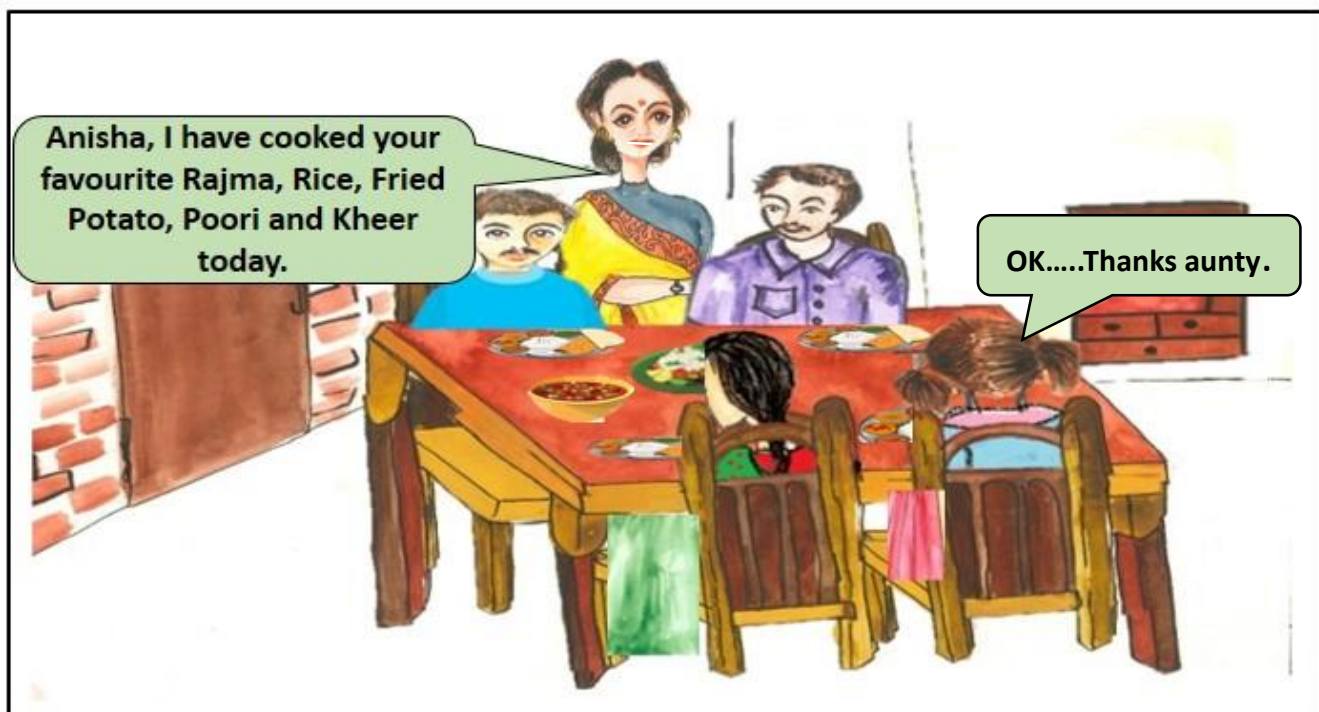


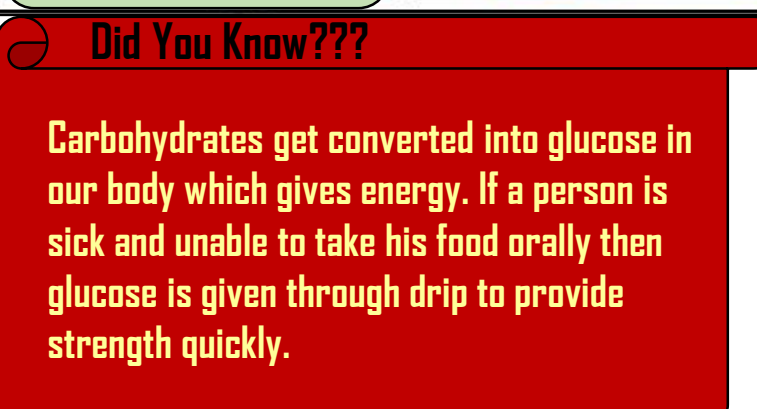
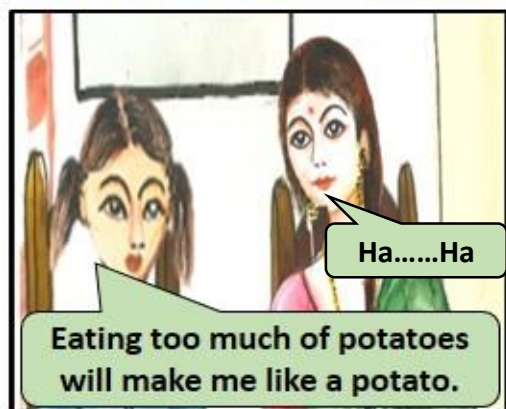
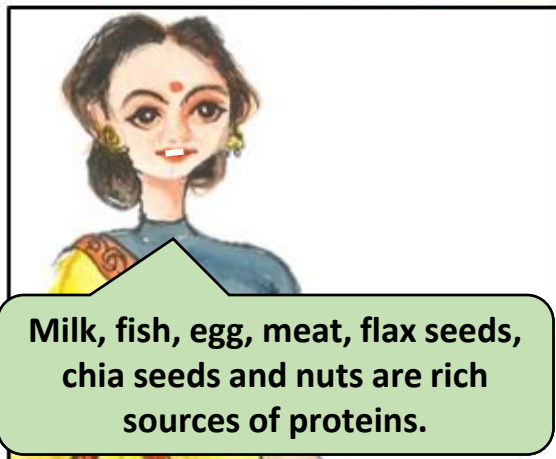
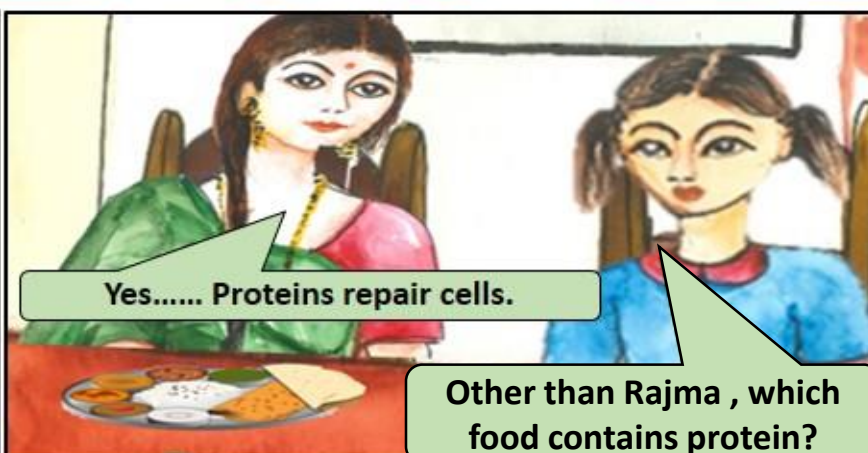
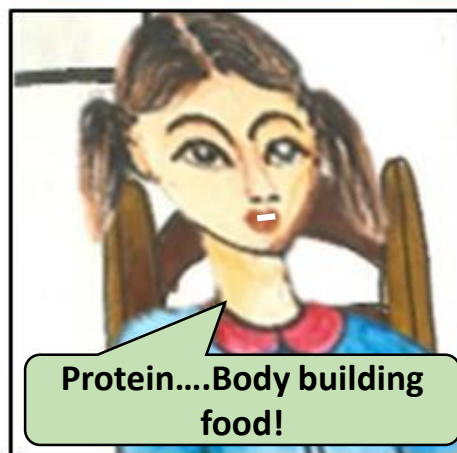
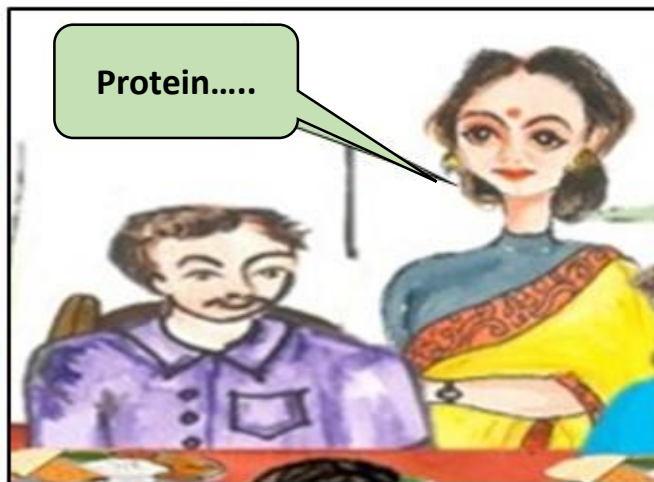
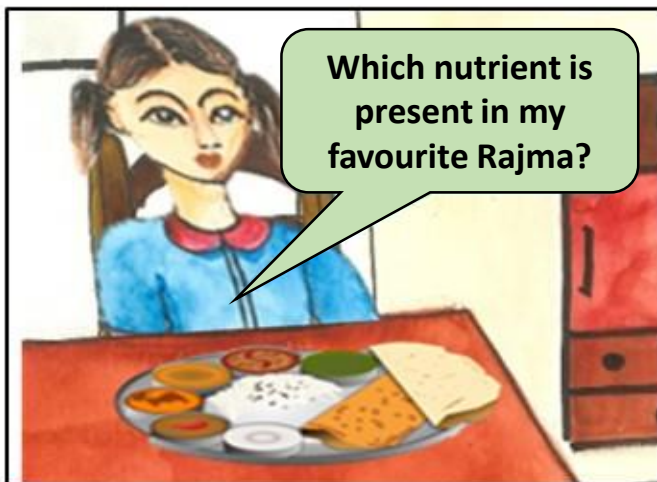
Very good Anisha... These protective foods will keep you free from diseases.



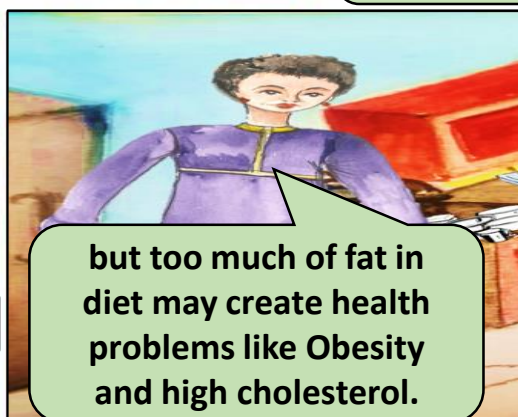
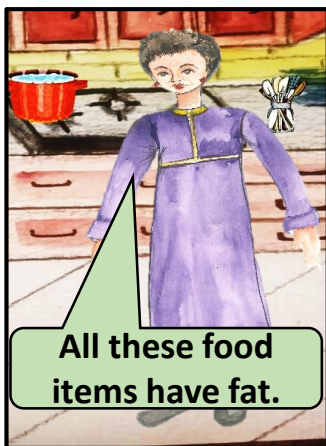
Anisha, let's go for dinner.

Ok uncle.... I am also feeling hungry.





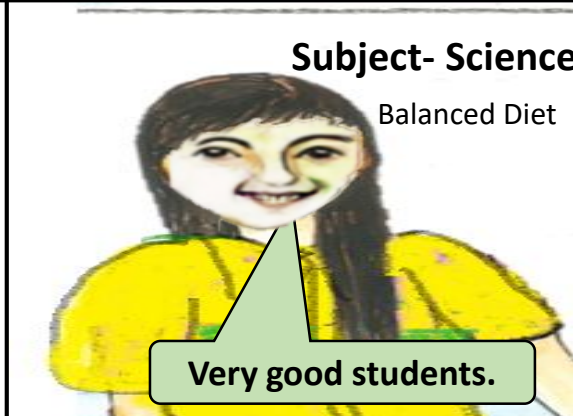
Same evening.....Zoya is in the kitchen with her mother.



Next day in school, the Science teacher discusses about different sources of nutrients with students. Students actively participate in the discussion. Teacher appreciates them.



We enjoyed completing assignment based on nutrients.



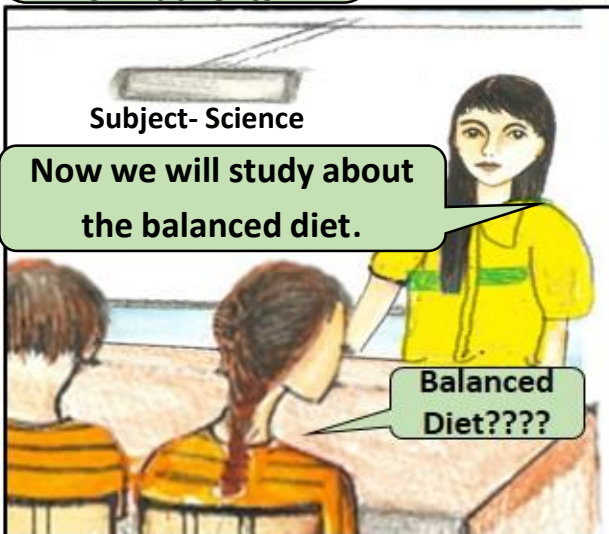
Subject- Science

Balanced Diet

Very good students.



Thank You....Ma'am



Subject- Science

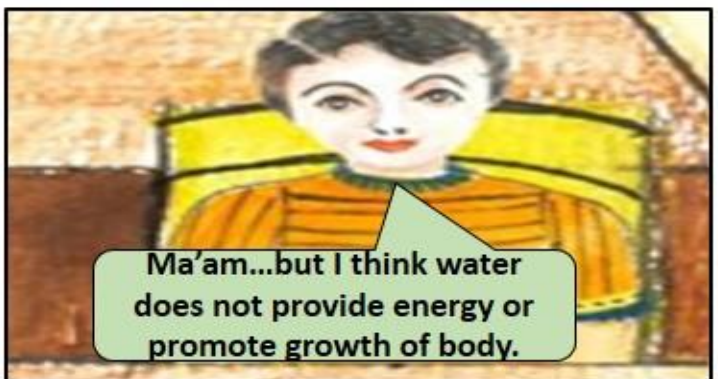
Now we will study about the balanced diet.

Balanced Diet????

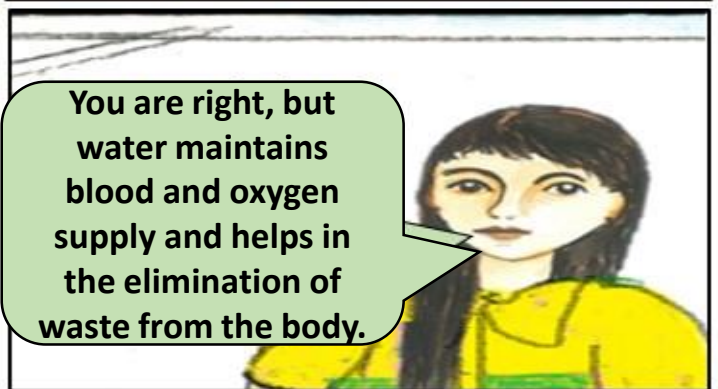
Yes balanced diet...in which all the nutrients like carbohydrates, proteins, fats, vitamins and minerals are present in the required amount.



Students, water is also an important component of balanced diet.

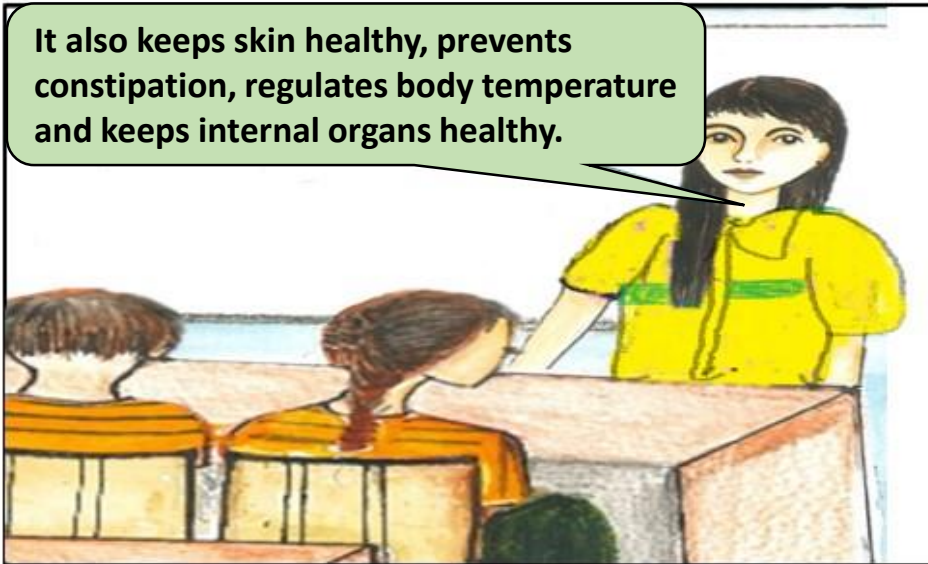


Ma'am...but I think water does not provide energy or promote growth of body.

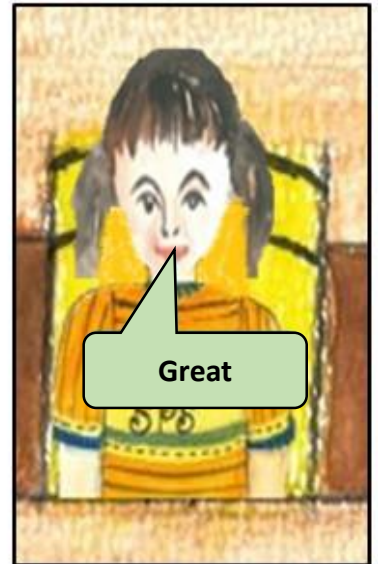


You are right, but water maintains blood and oxygen supply and helps in the elimination of waste from the body.

It also keeps skin healthy, prevents constipation, regulates body temperature and keeps internal organs healthy.



Great



Ok students...we are going to visit a government school tomorrow for a Science exhibition.

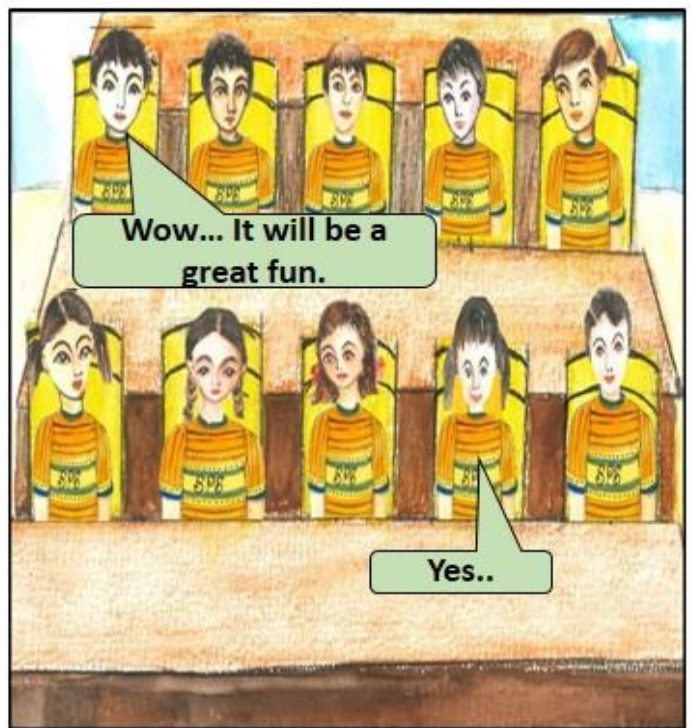
WOW.. Really water is very important for our body



This exhibition is being organized by a group of schools which are the members of "Hubs Of Learning". Our school is also a member of this group.

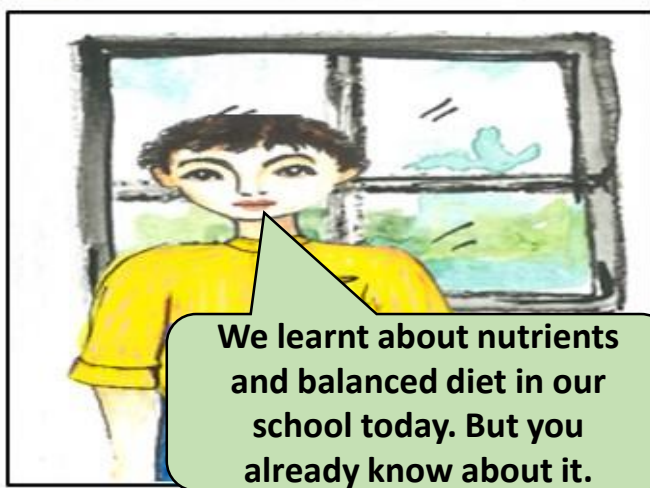
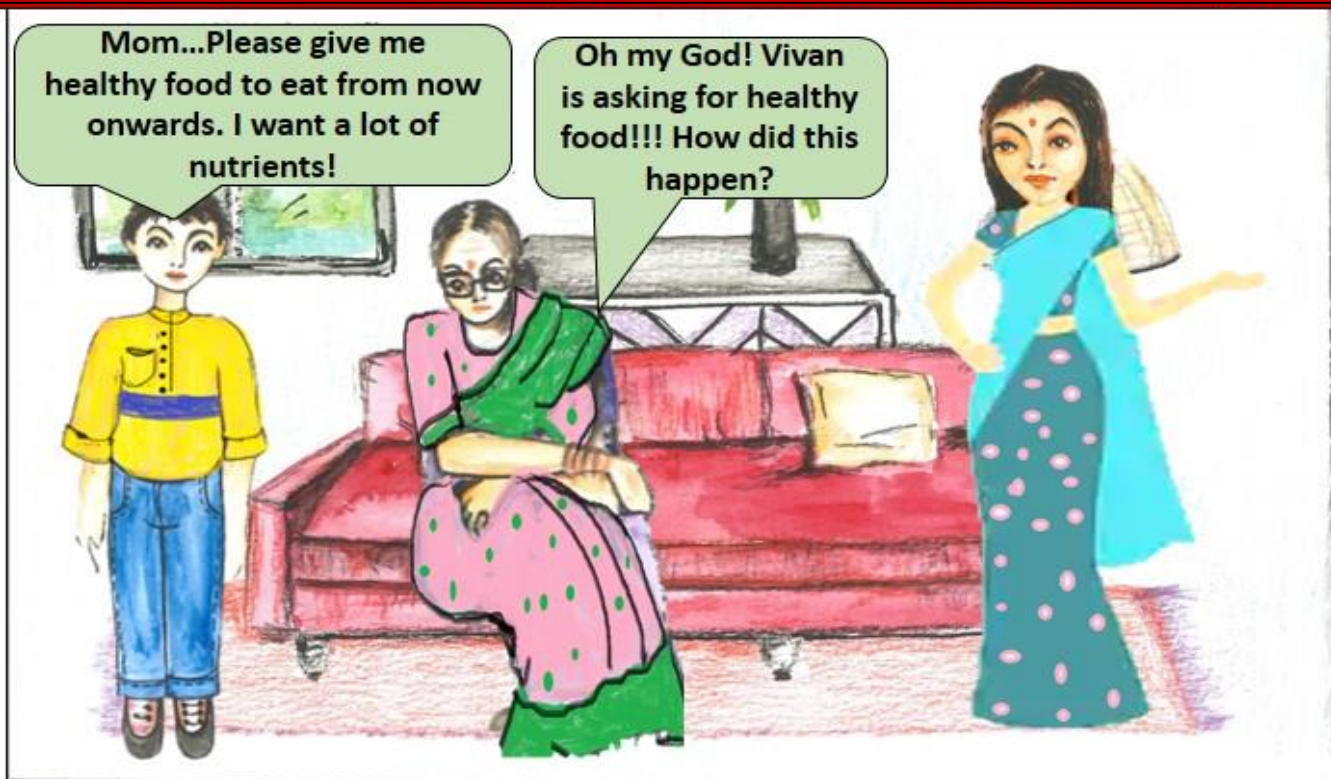


Wow... It will be a great fun.



Yes..

After returning home. Vivan is talking to his grandmother and mother in the drawing room.



Nutrients Tabulation

Write the name of food items into the correct nutrients category.

Carbohydrates	Proteins	Fats

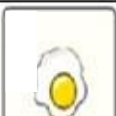

Ice Cream


Baked beans

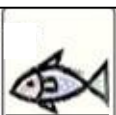

Rice


Oatmeal


Bread


Egg


Oil


Fish


Potato


Butter


Spaghetti


Turkey


Sausage


Chocolate

Answer Key

Carbohydrates

Potatoes
Rice
Oatmeal
Bread
Ice Cream
Chocolates

Protein

Baked bean
Fish
Spaghetti
Turkey
Egg

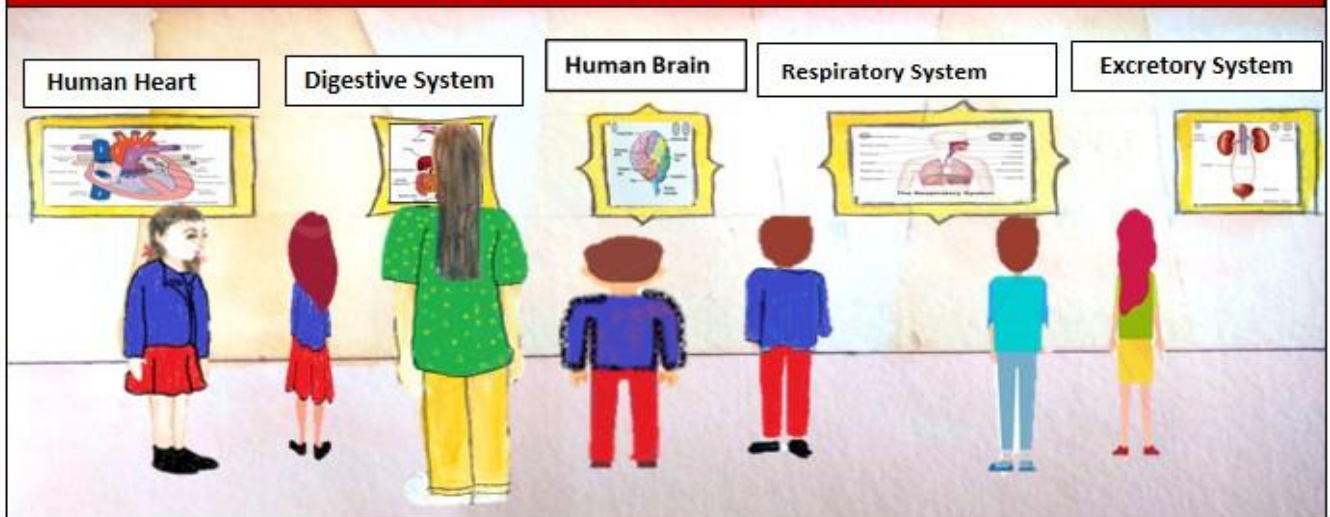
Fats

Oil
Butter
Sausage
Ice Cream
Chocolates

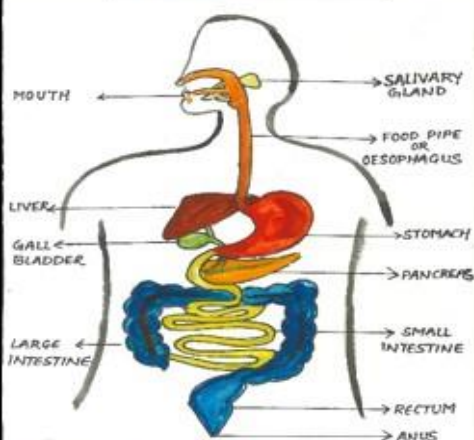
Next day at the Govt. Senior Secondary School, Jaipur , Rajasthan for Science Exhibition.



Vivan, Samyak, Zoya, Anisha and other students with their Science teacher Neerja inside the Science Exhibition Hall.

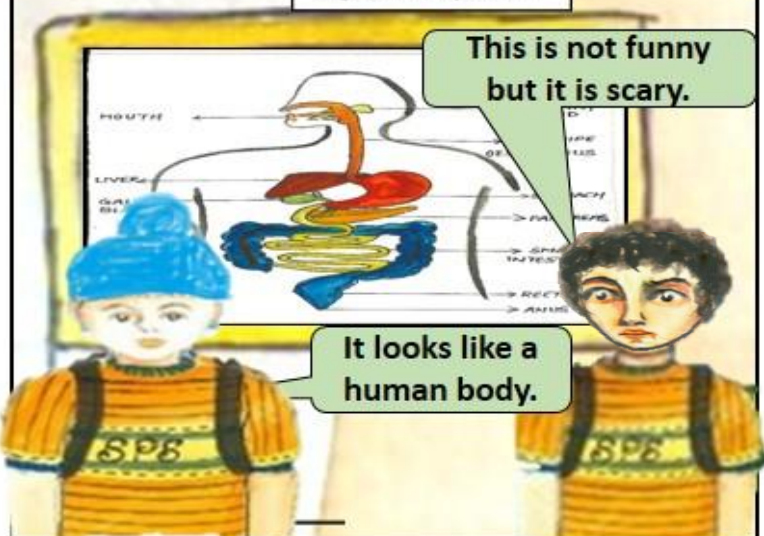


Digestive System

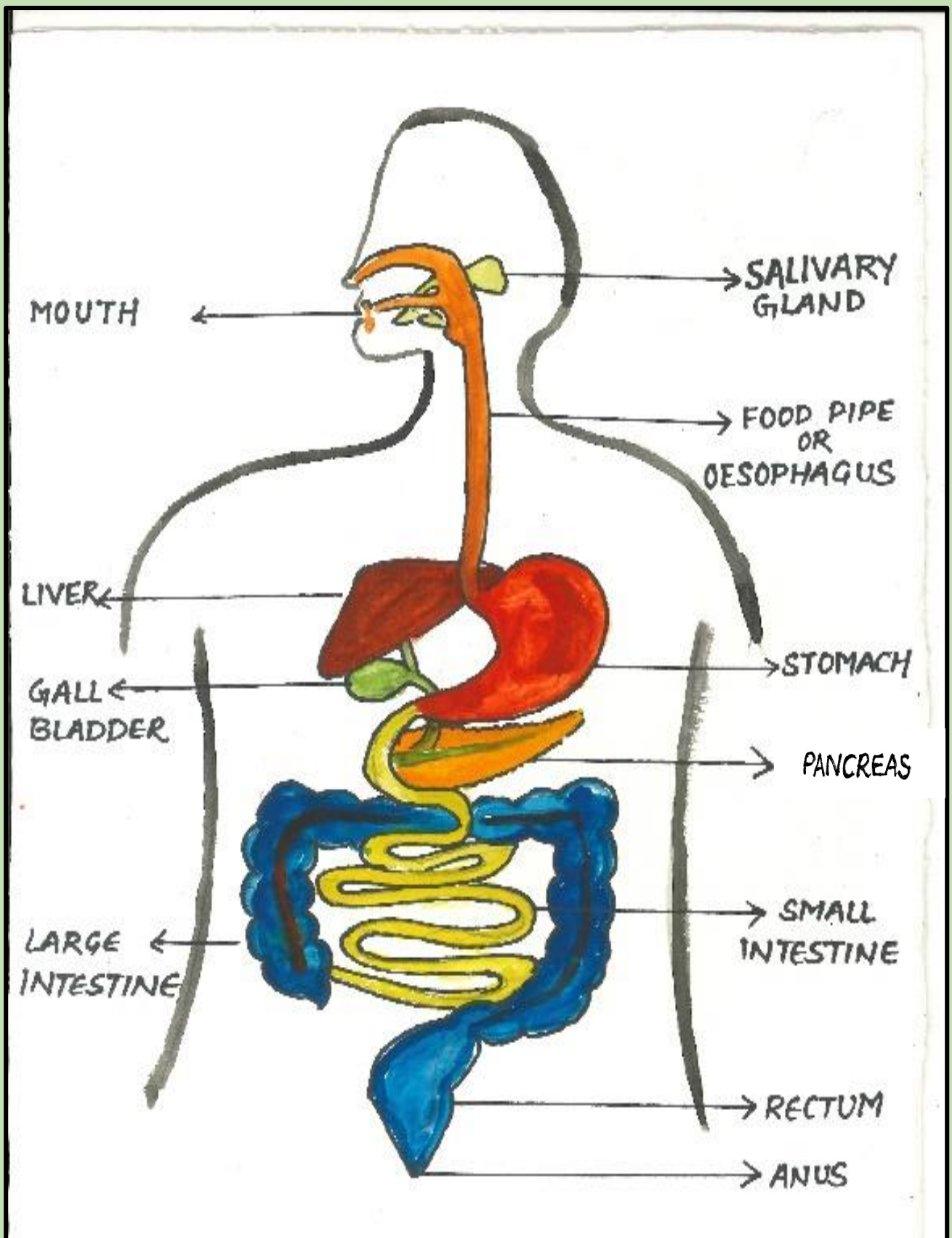


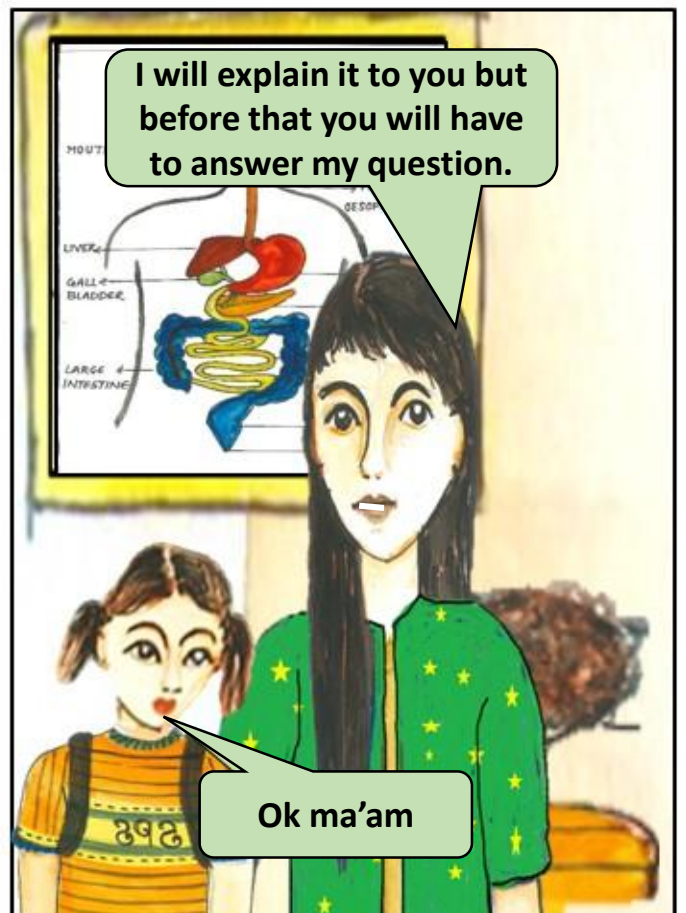
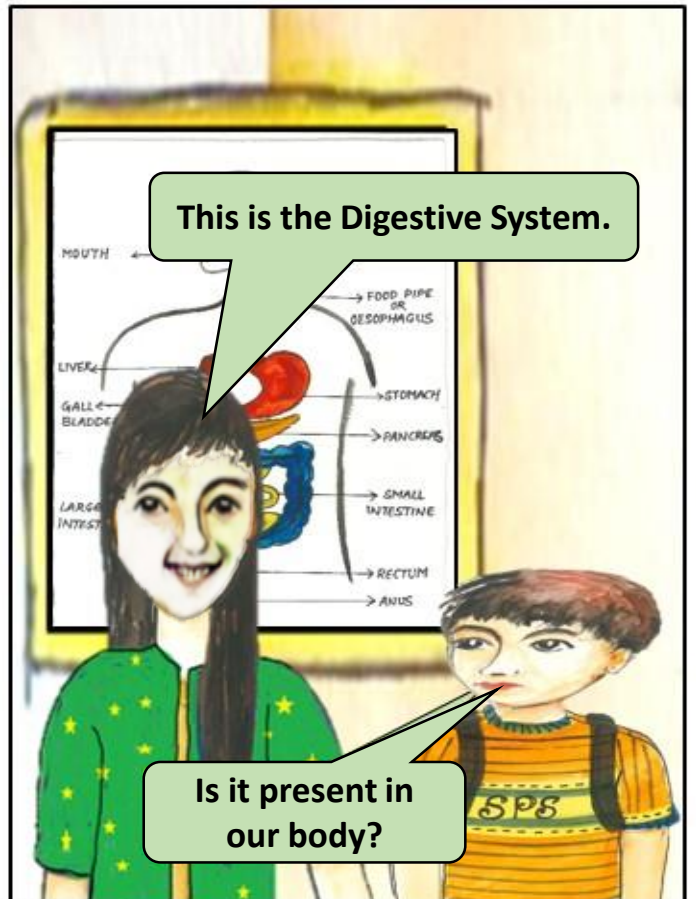
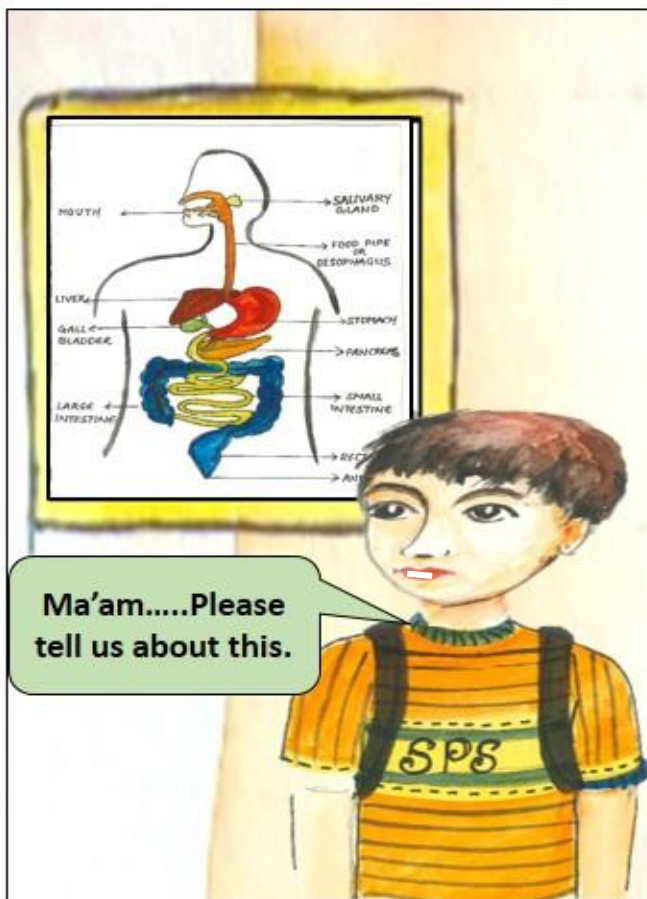
Hey friends.....Look at this, it is so funny.

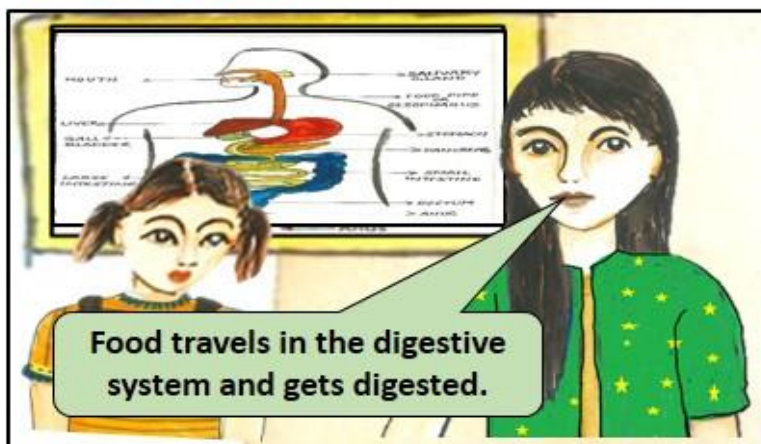
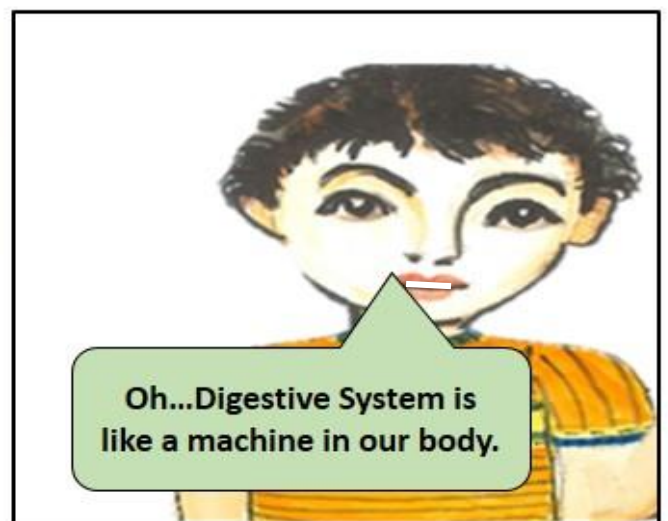
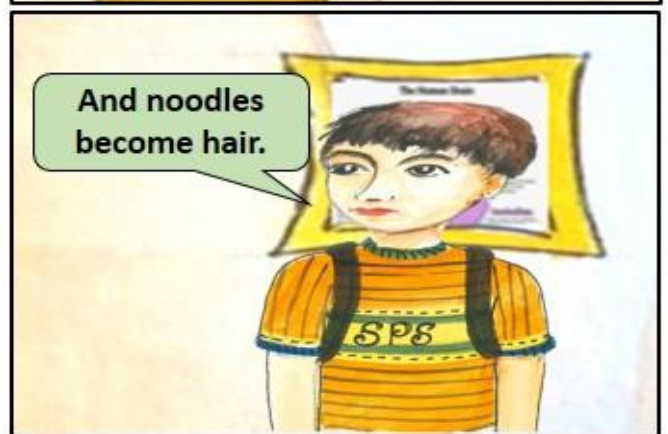
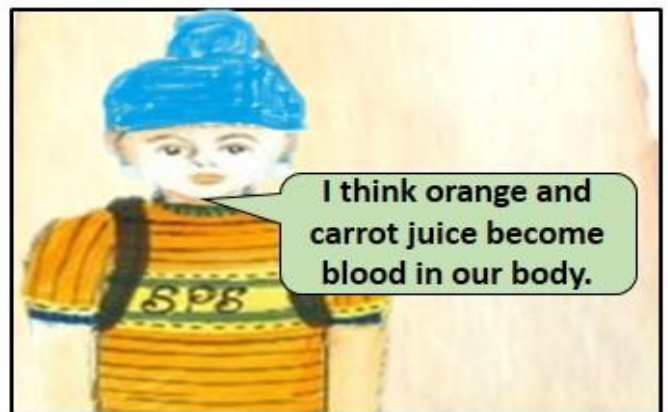
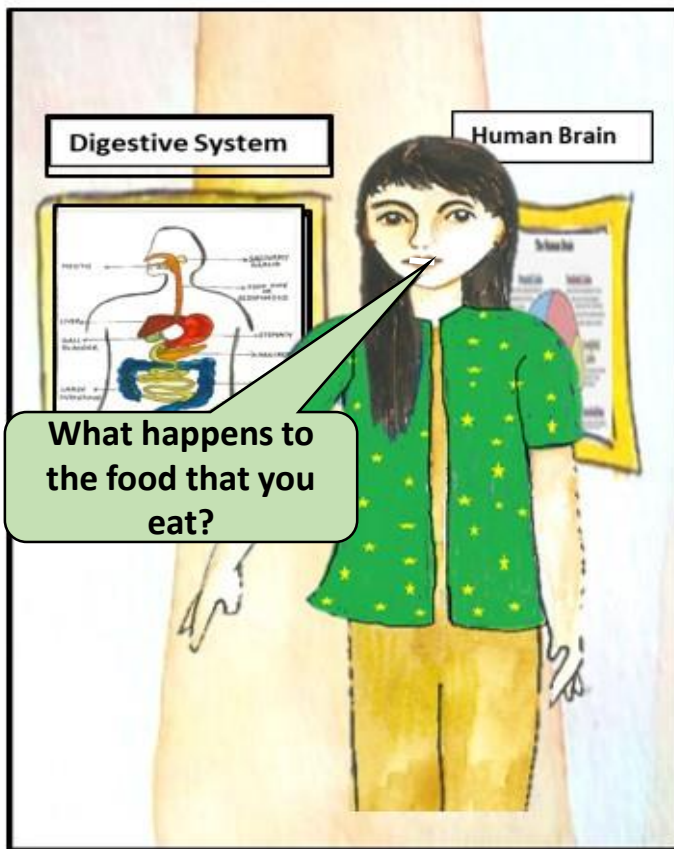
Digestive System

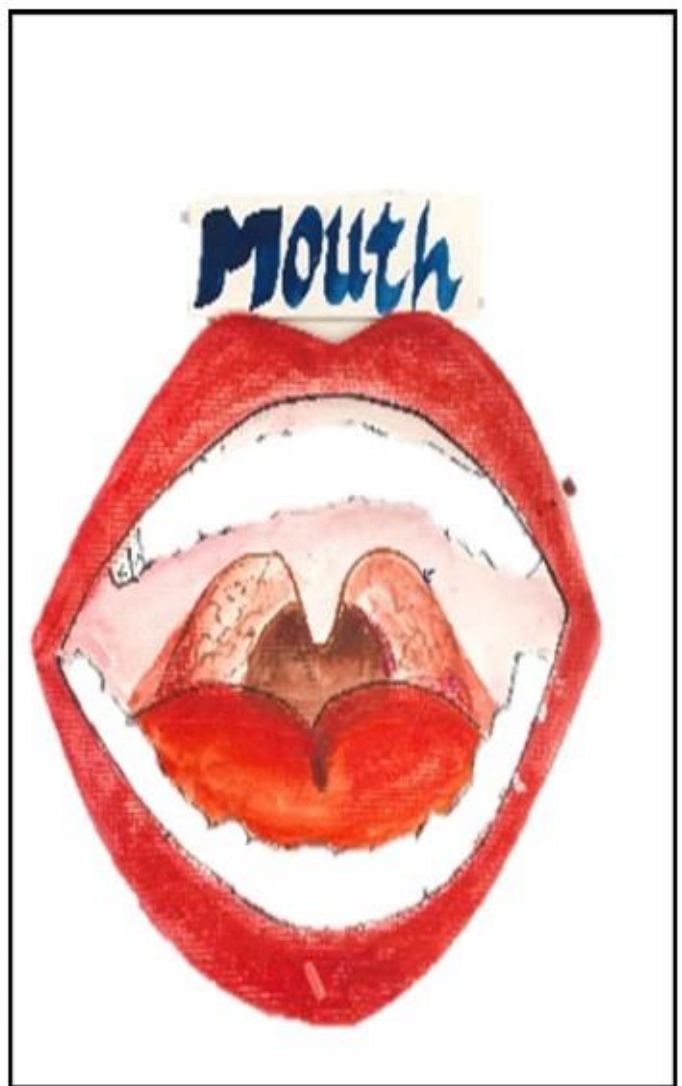
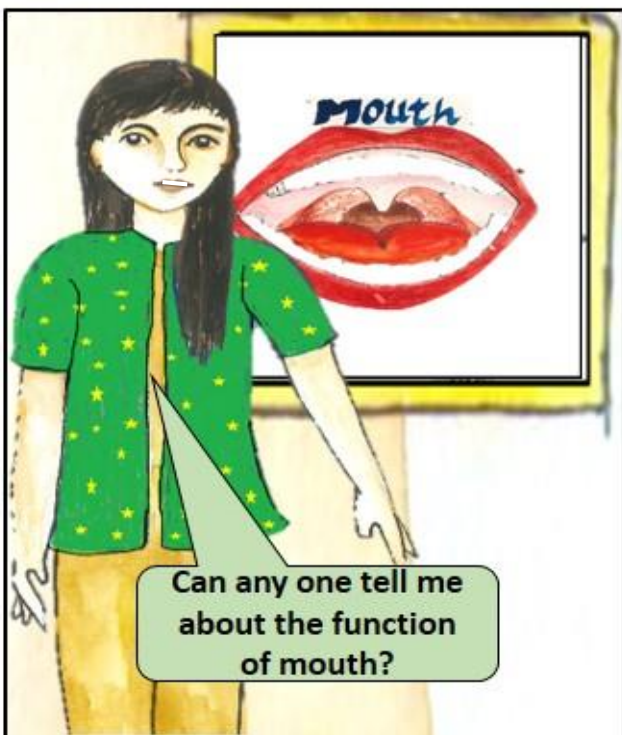
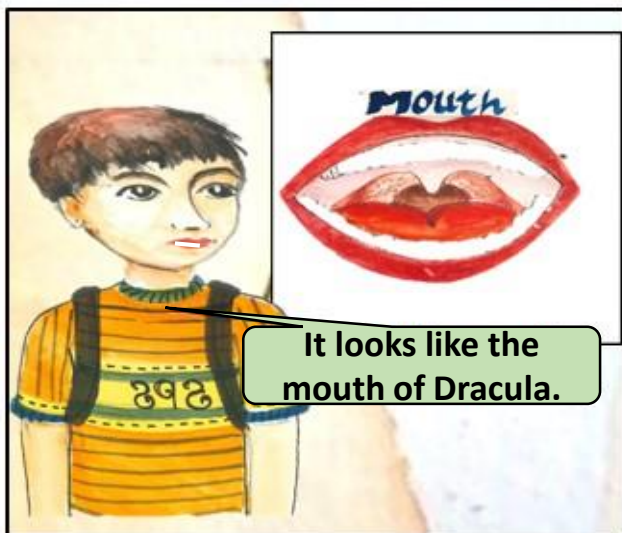


Human Digestive System

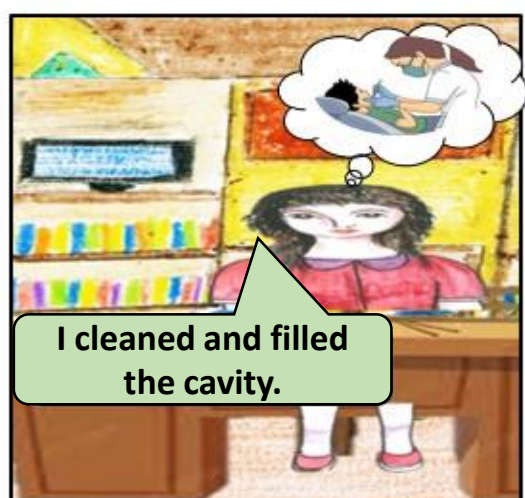
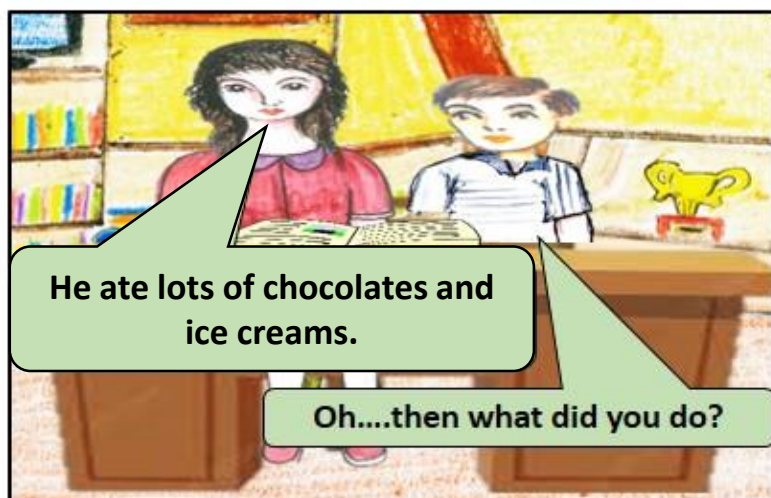
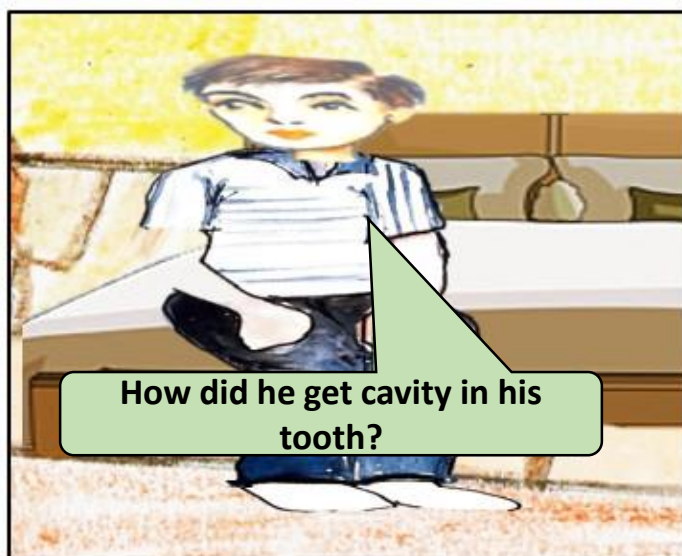


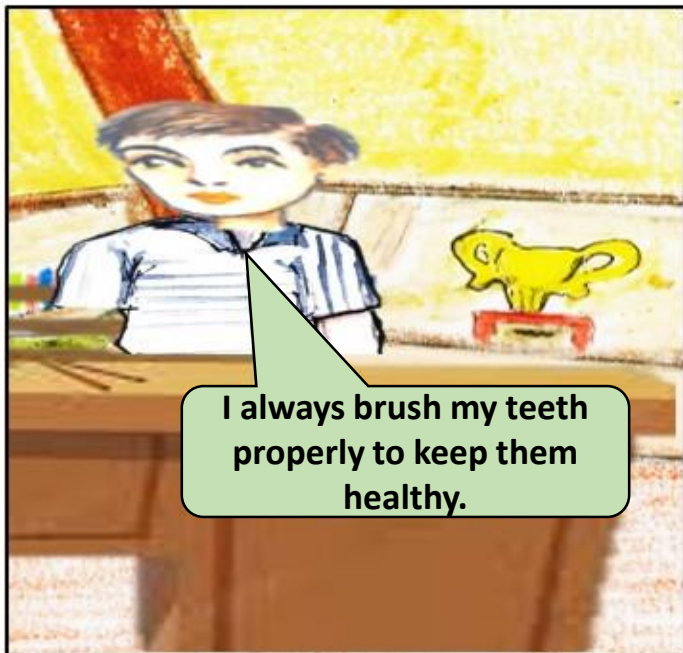




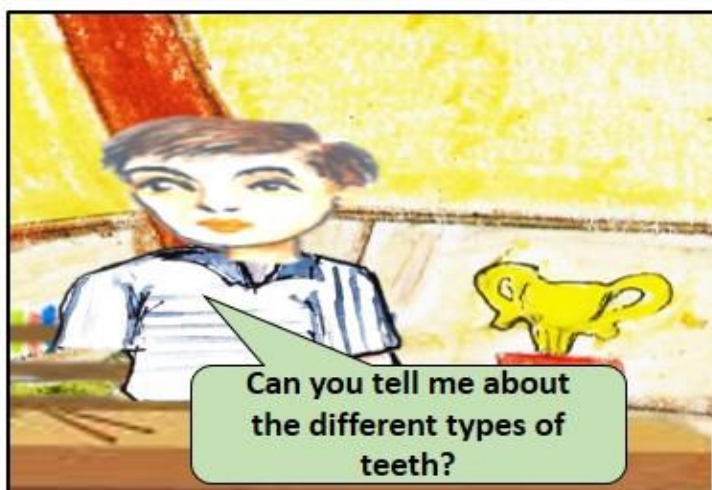
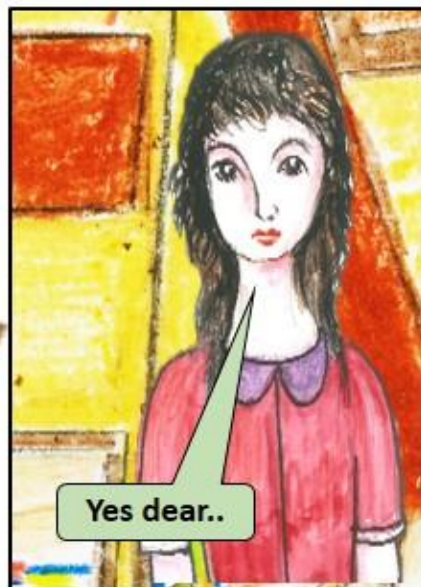
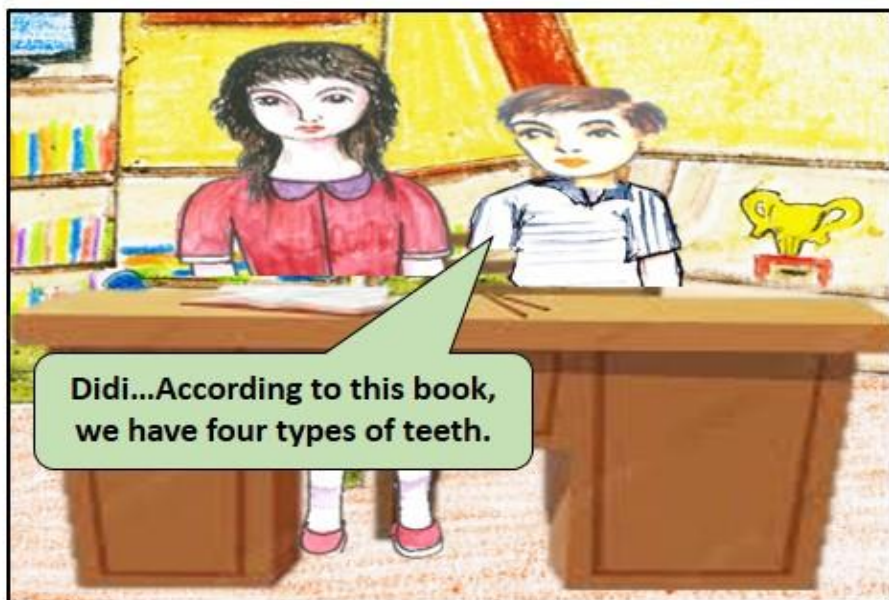


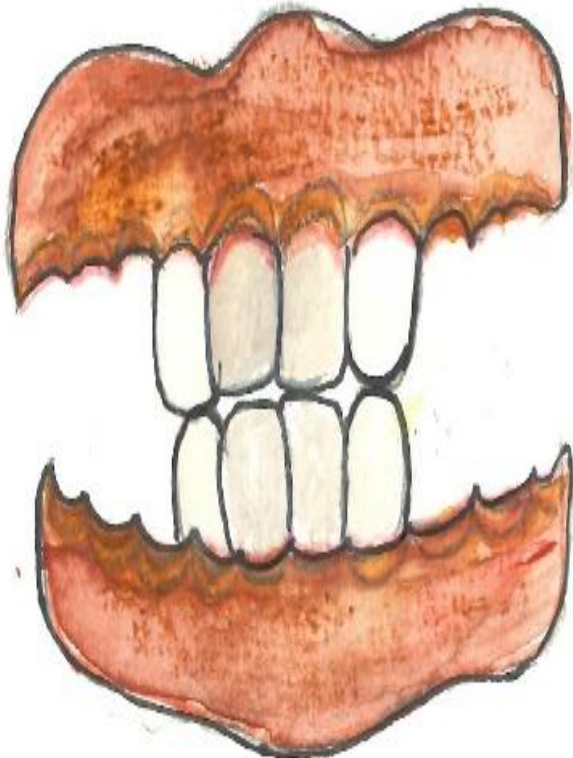
Samayak is talking to his sister Neha , who is a dentist.



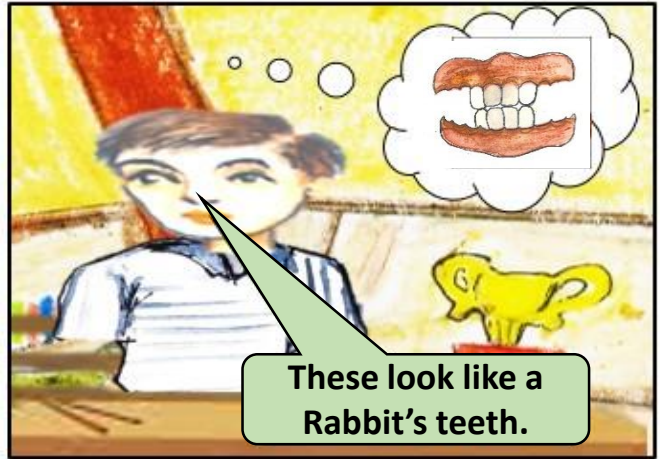


Then Samayak see a book which carries images of teeth.





INCISORS



These look like a Rabbit's teeth.



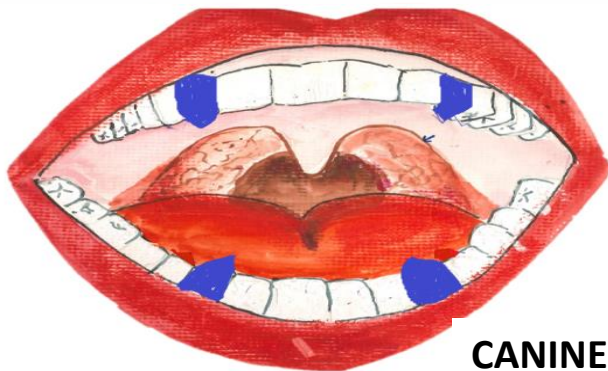
These are the front teeth in our mouth.



These help in biting and cutting of food.

OK didi.

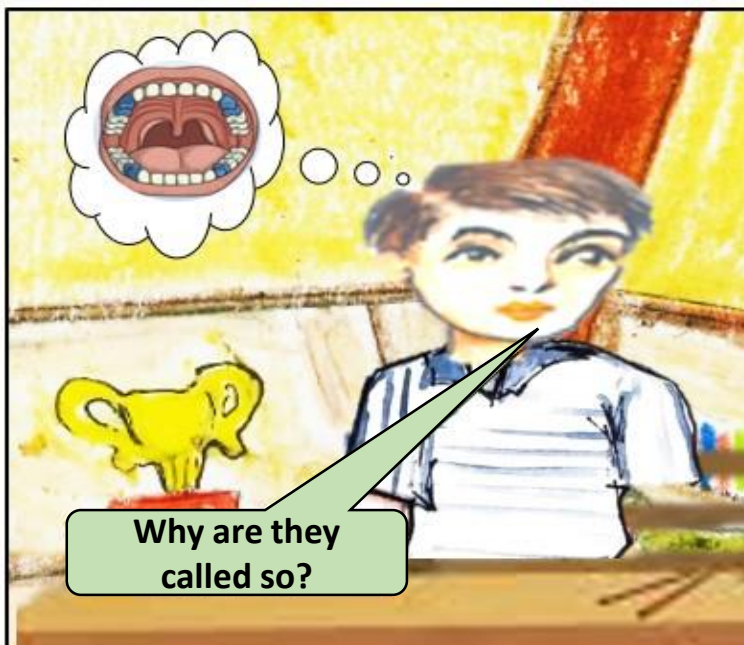
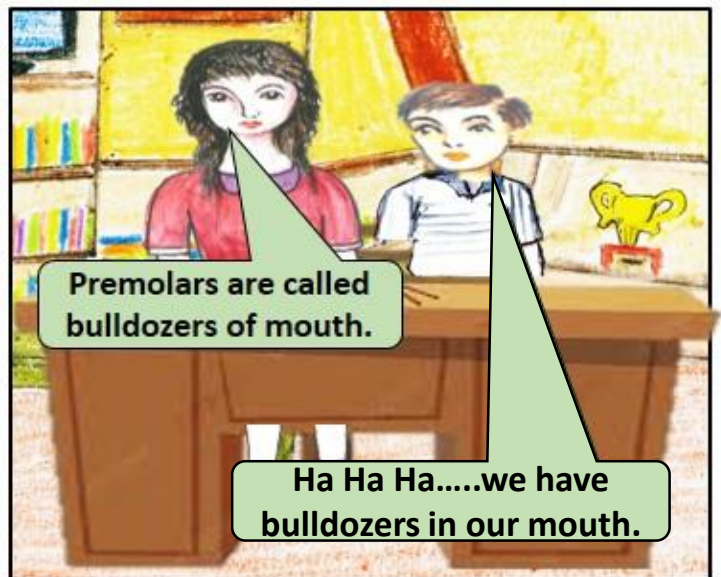
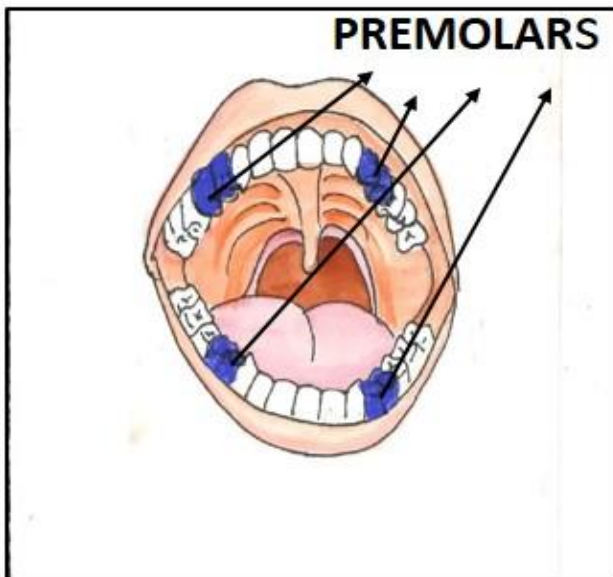
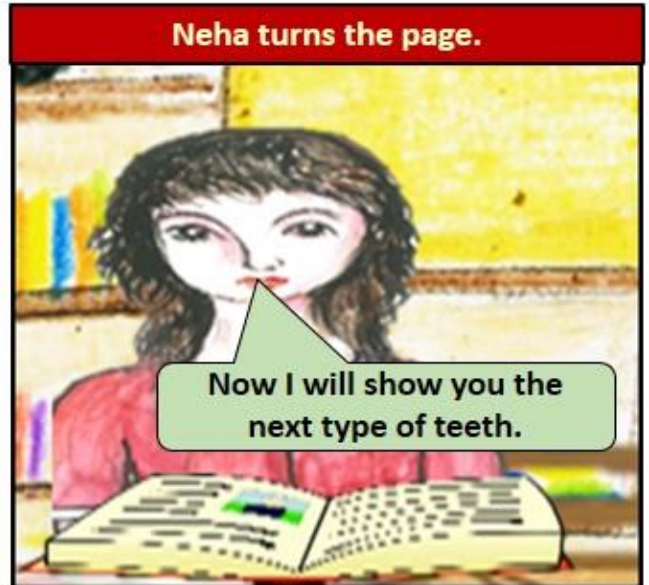
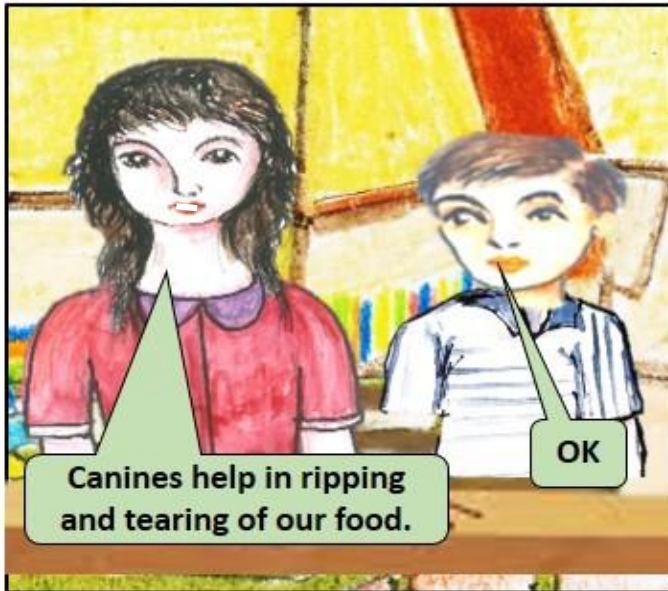
Neha Turns the page and shows the next image.



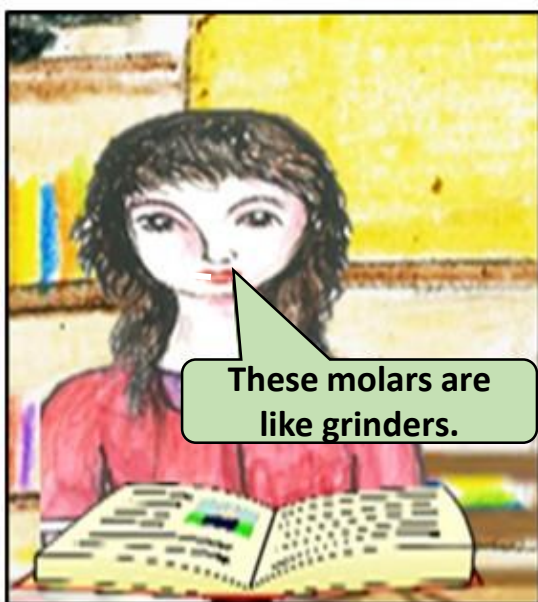
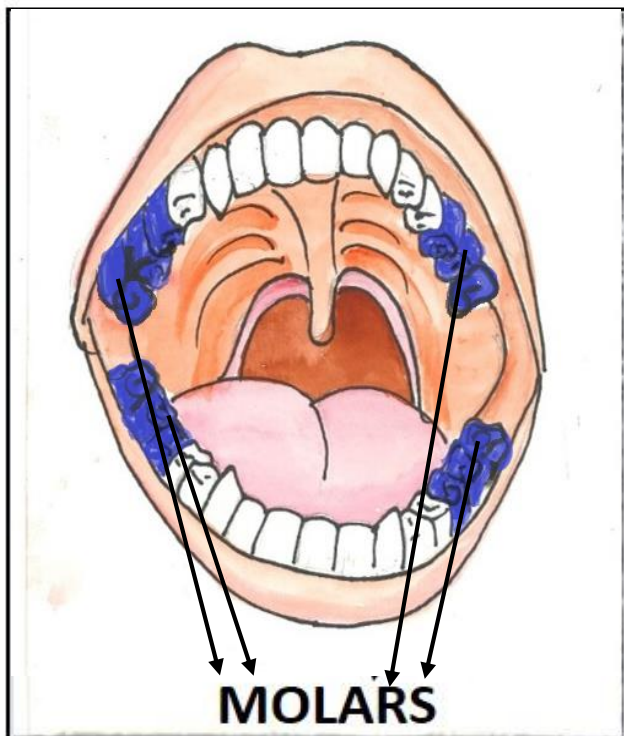
CANINES



These teeth are so scary.



Neha shows the image of next type of teeth.



Fun With Teeth

Color these teeth according to the key below :

Incisors	Green
Canine	Orange
Molars	Blue
Pre-molars	Red



Answer these questions:

Q.1 What is the main function of teeth?

Q.2 What is the functions of Incisors?

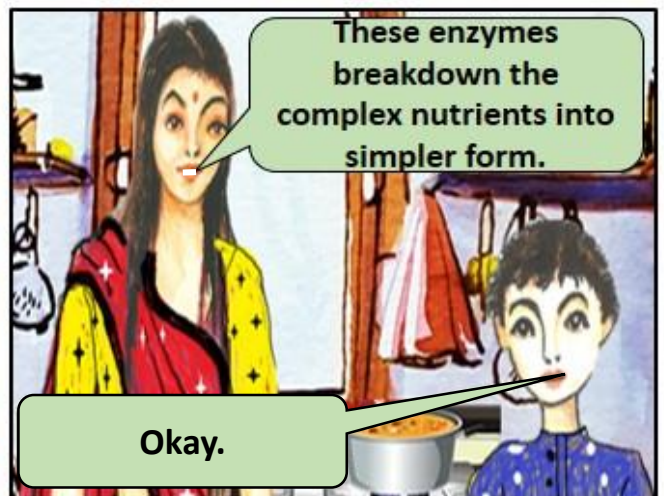
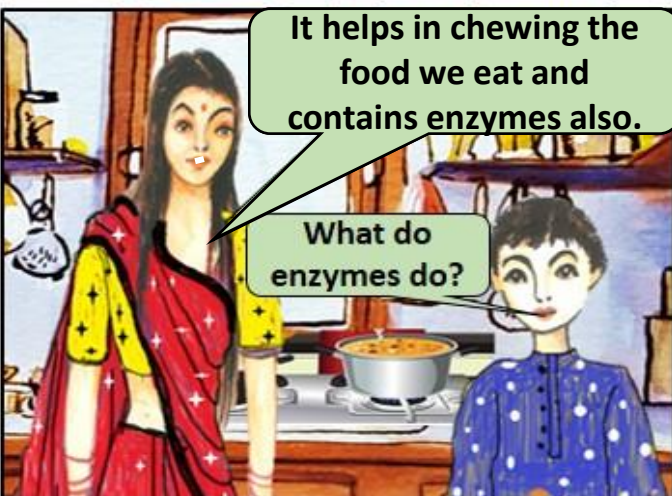
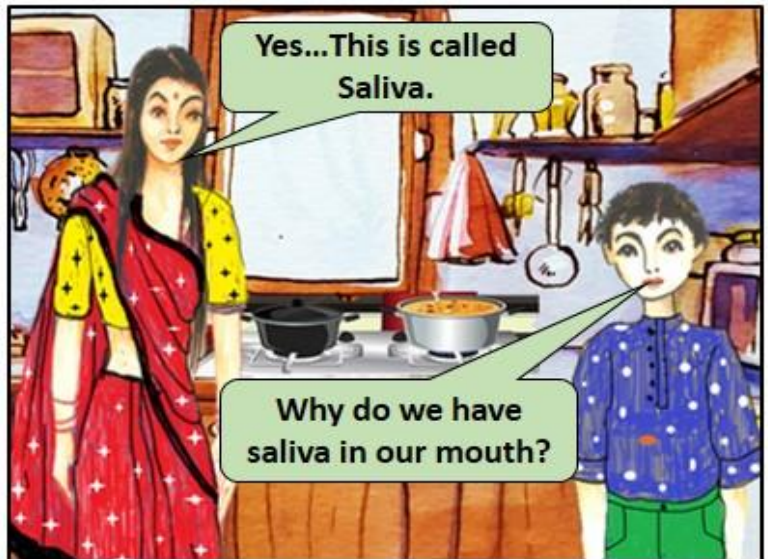
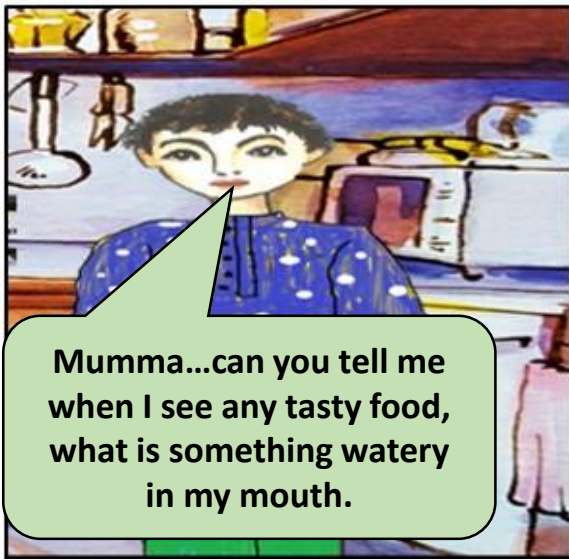
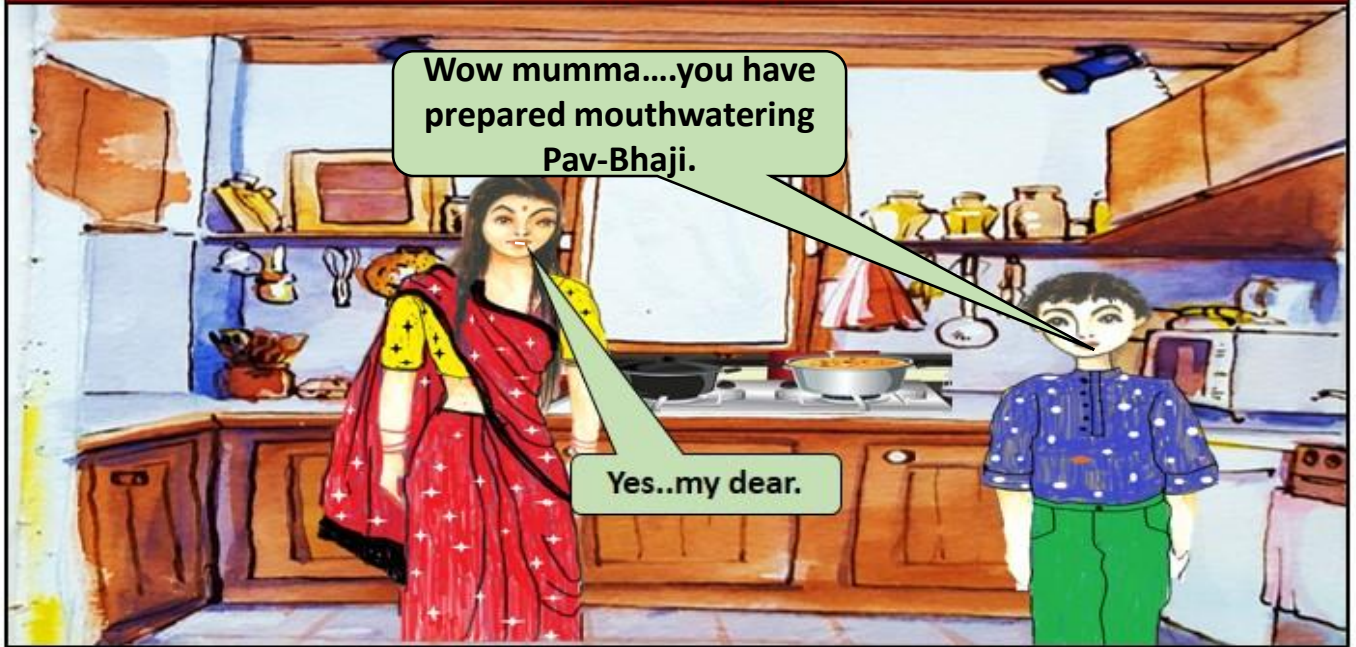
Q.3 What is the function of Canines?

Q.4 What are the functions of Pre-molars and Molars?

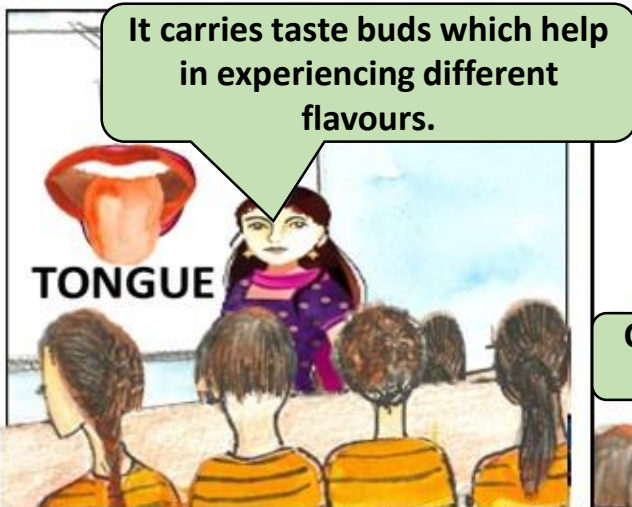
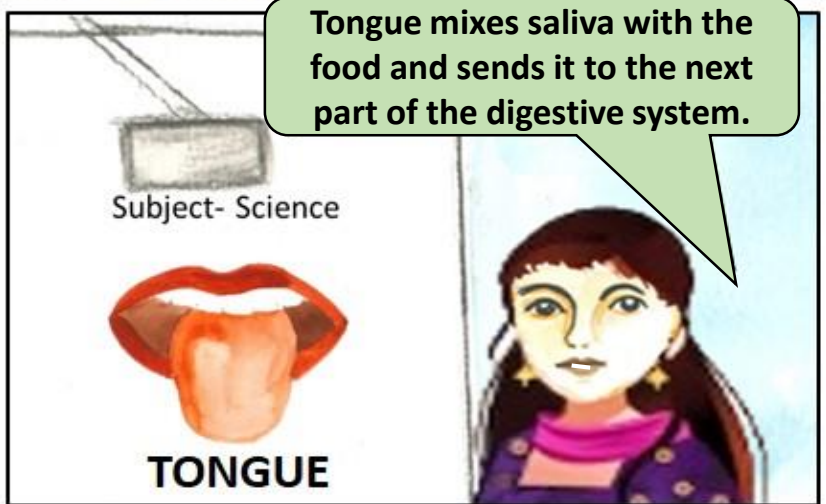
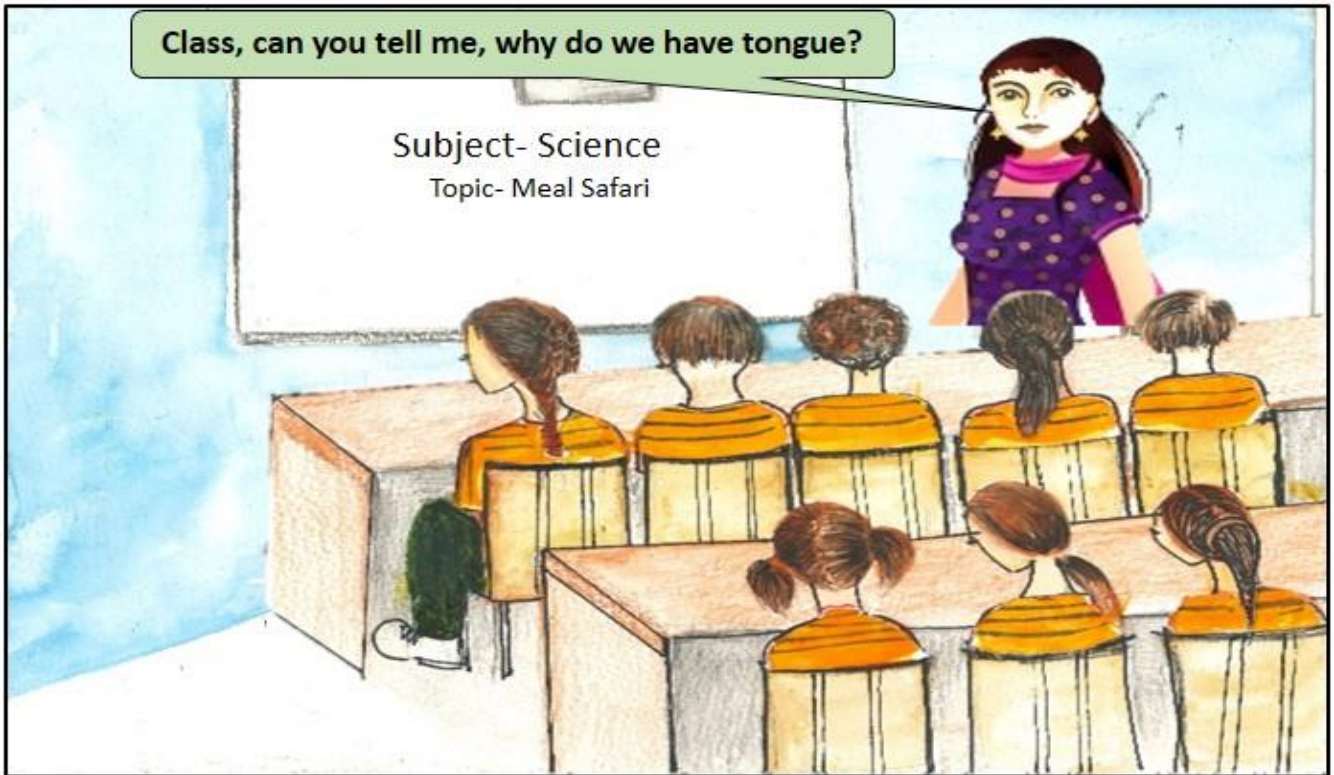
Answer Key:

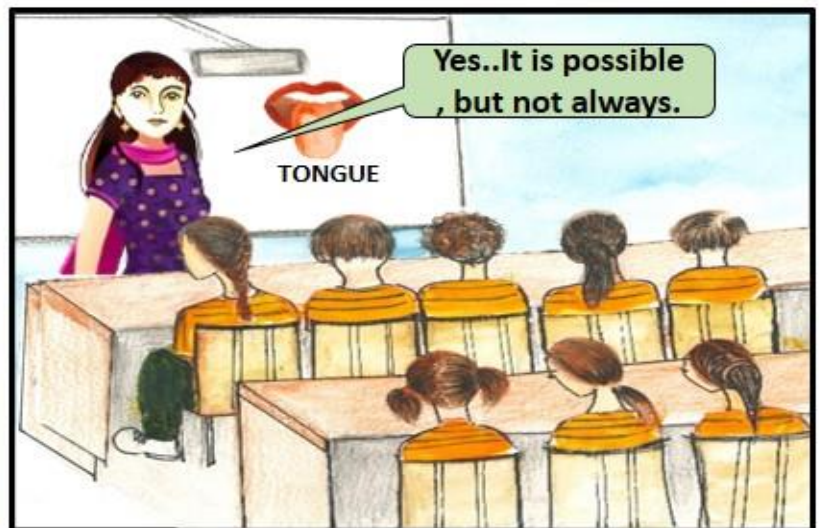
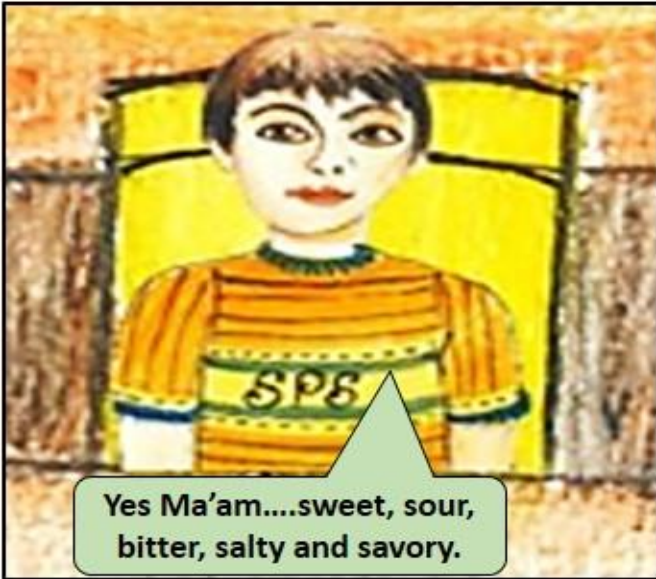
1. Chewing and breaking of food.
2. Incisors help in cutting the food.
3. Canines help in tearing the food.
4. Premolar and molars help in crushing and grinding the food.

Same evening, Vivan is with his mother in the kitchen. Mother is preparing evening snacks.



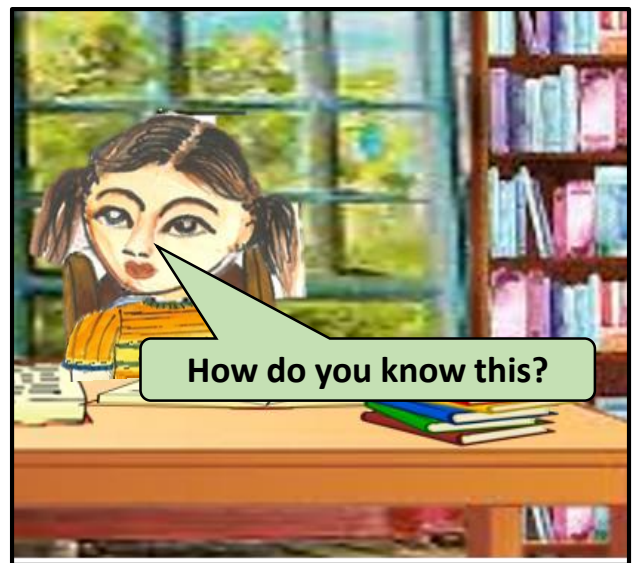
Next day, in the class the teacher continues the topic and discusses about teeth.

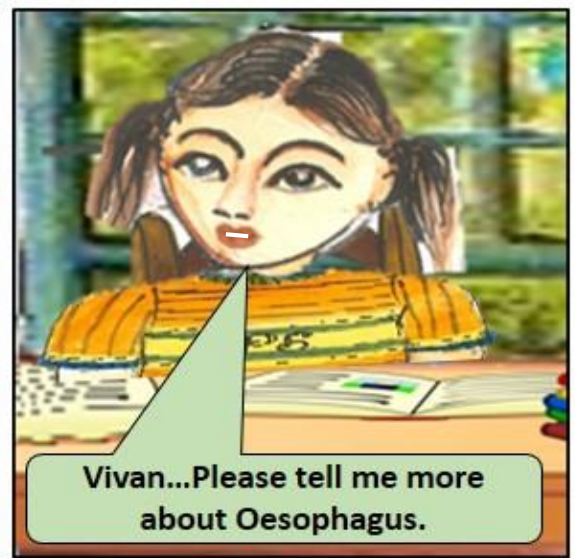




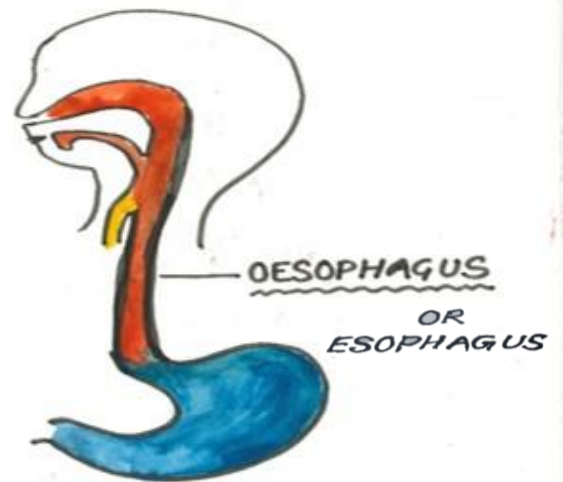
Class Over

Vivan and Anisha are reading Biology magazine in the school library.



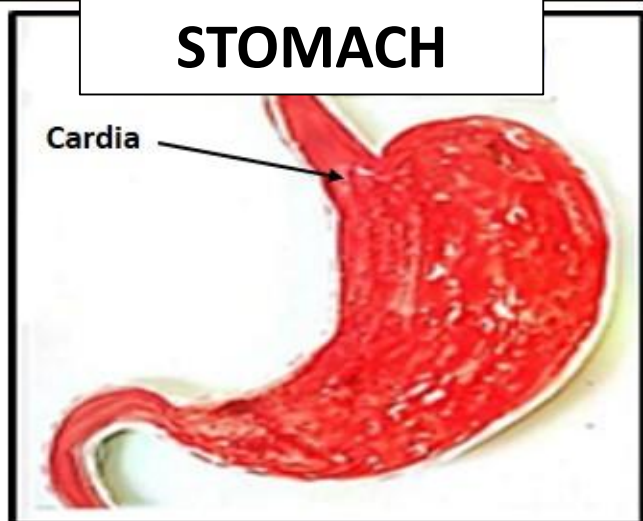
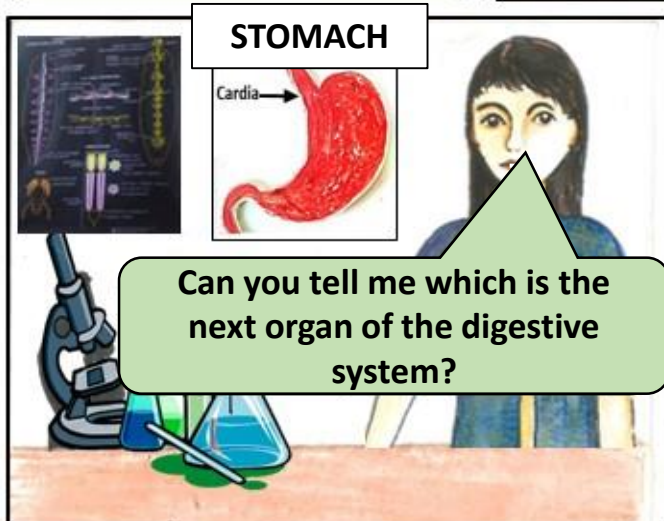
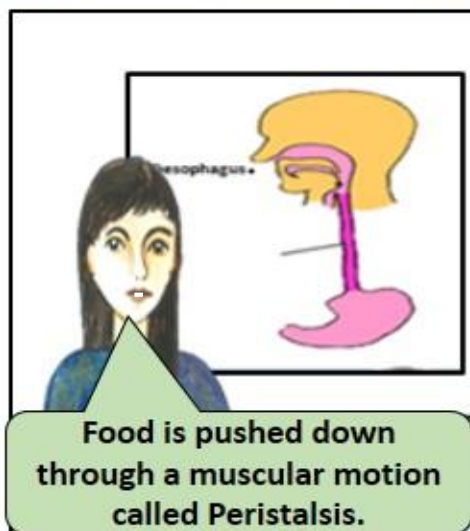


Vivan shows the image of Oesophagus.



Next day in Biology lab, science teacher Neerja shows the chart of Oesophagus.

Vivan and Anisha explain about it and the teacher appreciates them.



STOMACH

Cardia

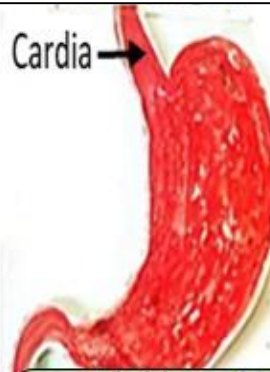


The entrance of stomach is called Cardia.



STOMACH

Cardia



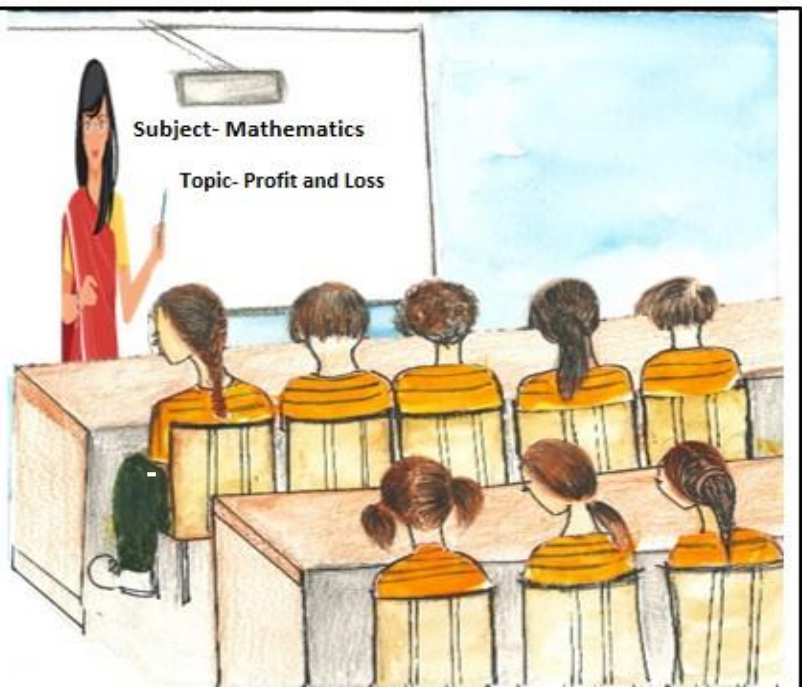
It's like a door to the stomach. It's usually closed but opens for food.

Bell rings.....and the class gets over. Next is the mathematics class.

TRRING
GGGGG
...

Subject- Mathematics

Topic- Profit and Loss



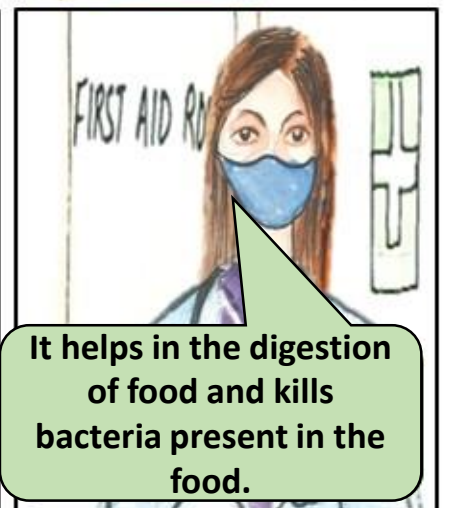
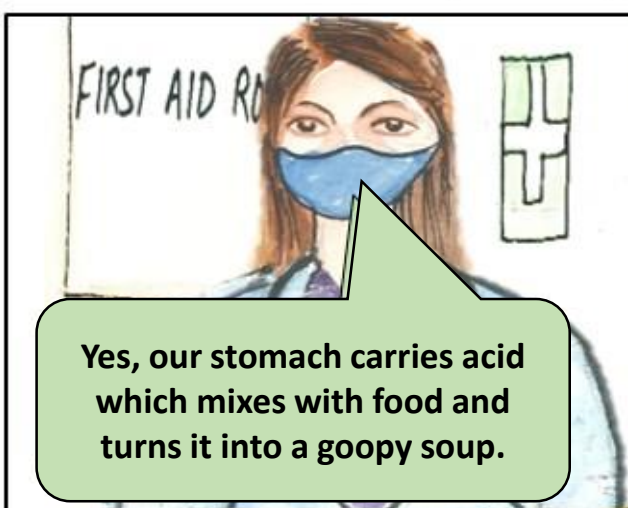
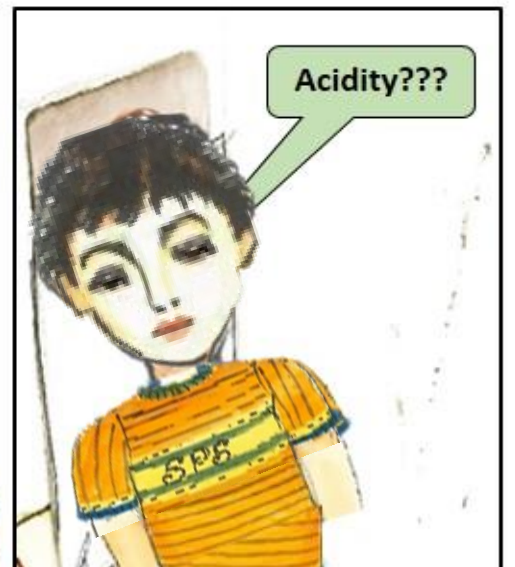
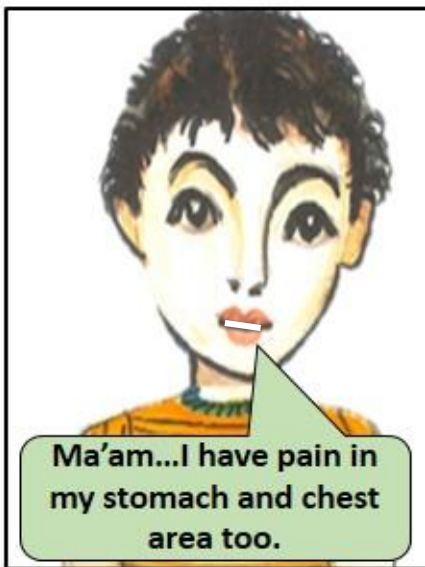
Please go to the First Aid room.

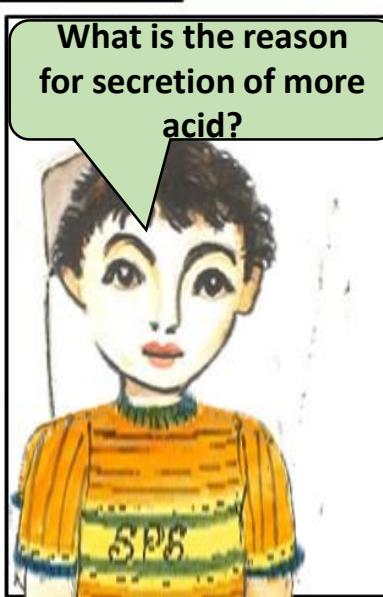
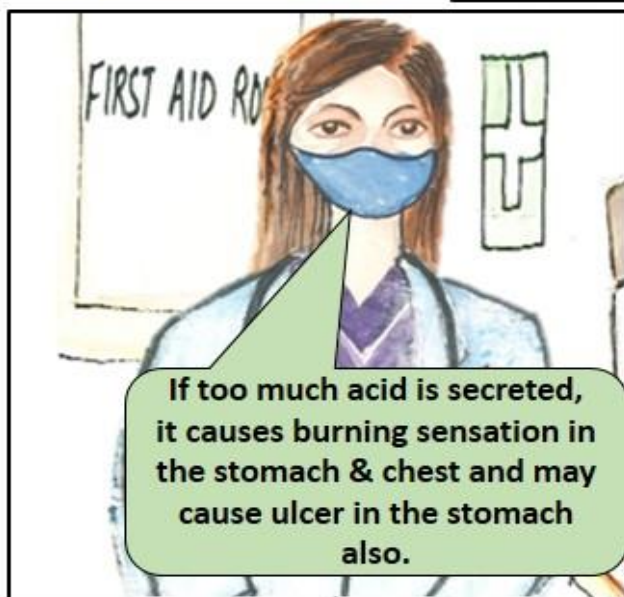
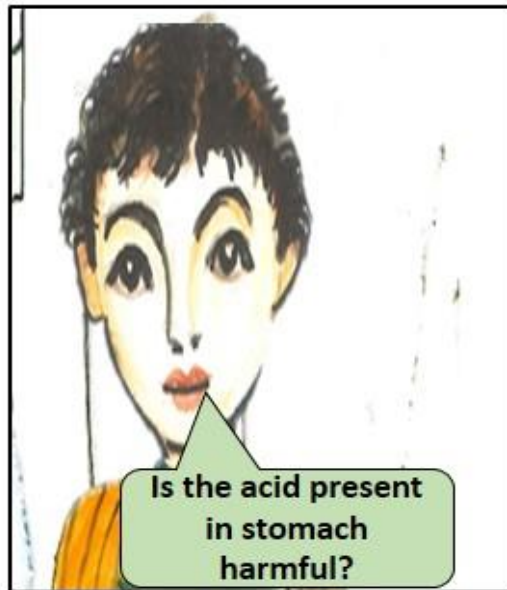
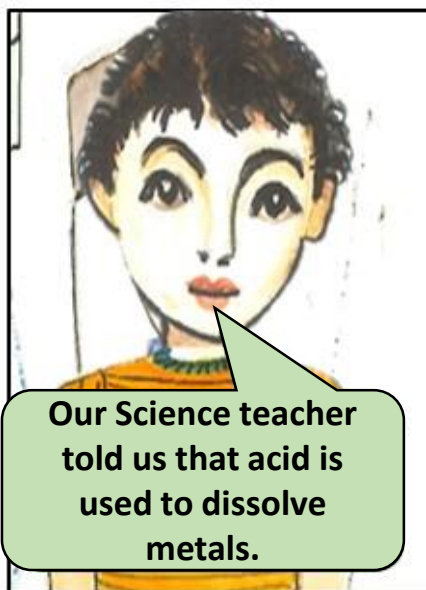
Subject- Mathematics

Topic- Profit and Loss

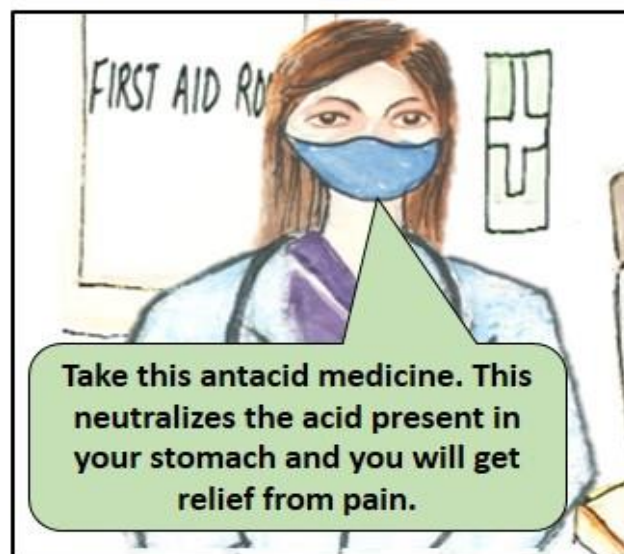
Ma'am...I am feeling some sensation in my stomach.

Vivan goes to the First Aid room and tells his problem to the doctor.



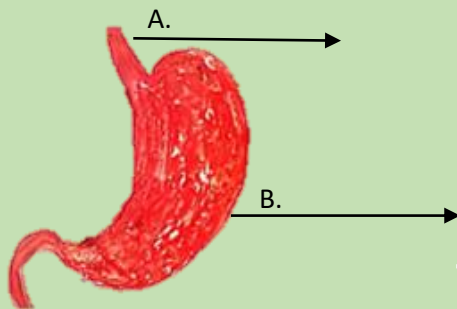


Doctor gives antacid medicine to Vivan.



Yummy Tummy ????

1. The stomach is an important organ of the body. _____
(True/False)
2. The entrance of stomach is called Cardia. (True/False)
3. The stomach receives food from the _____.
(Oesophagus/Teeth)
4. _____ may cause burning sensation in the stomach.
5. Identify the parts of organ shown in the picture below:

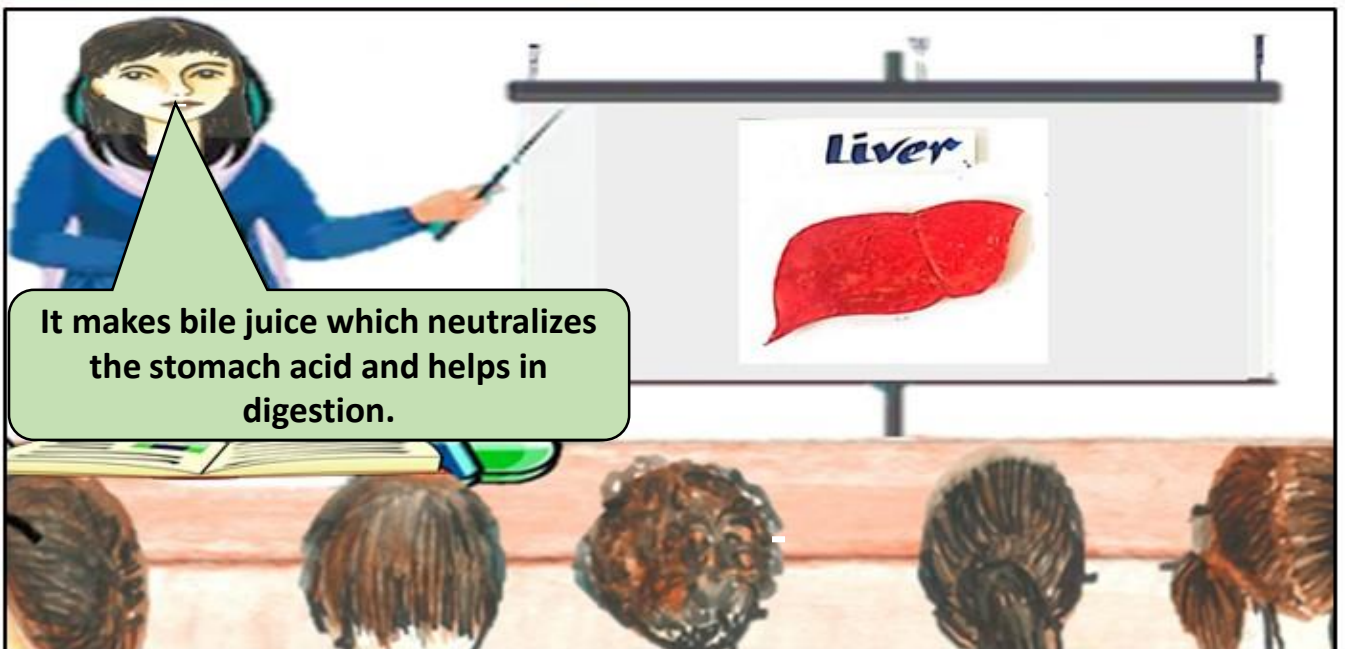
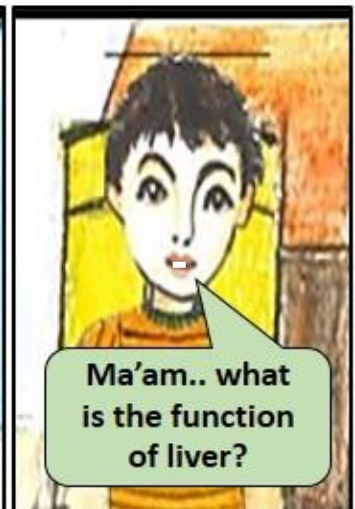
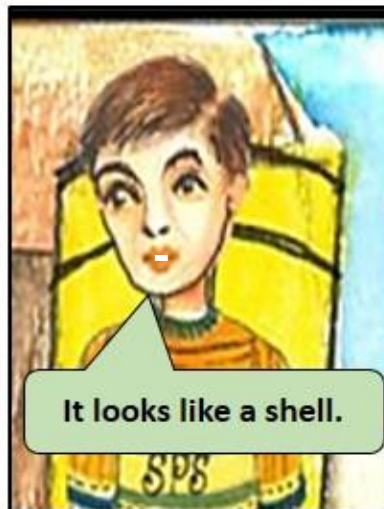
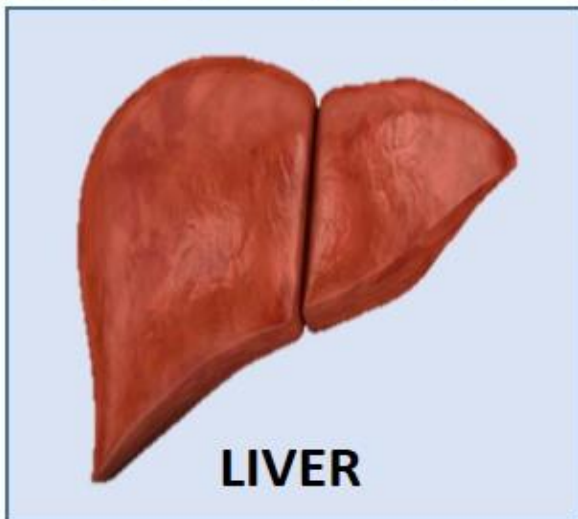
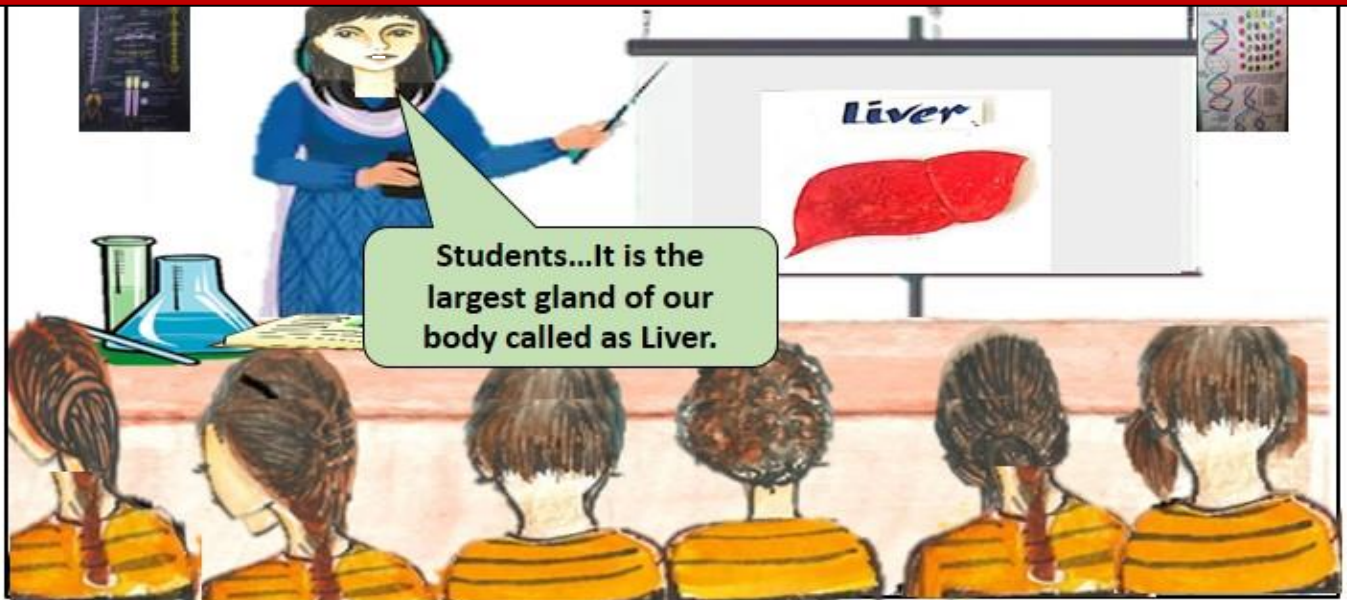


6. What does the stomach do?

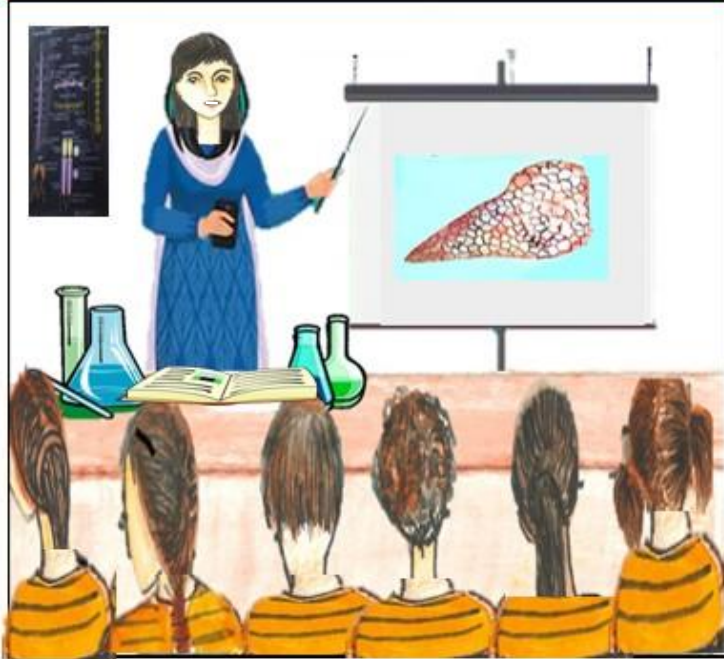
Answer Key:

1. True
2. True
3. Oesophagus
4. Acidity
5. A. Cardia B. Stomach
6. Our stomach churns the food to digest it.

Next day in science class.



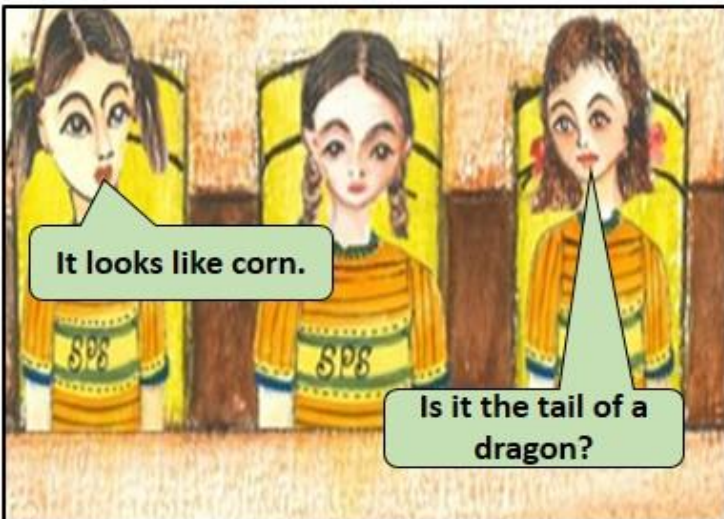
Teacher shows the next diagram



???????

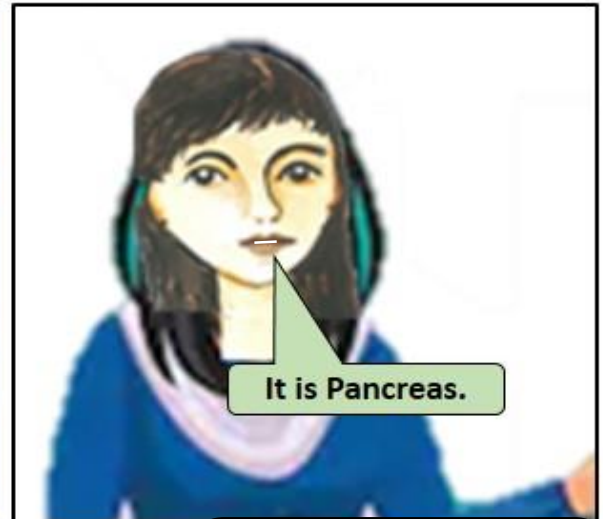


Ma'am.. what is this???



It looks like corn.

Is it the tail of a dragon?



It is Pancreas.



Pancreas



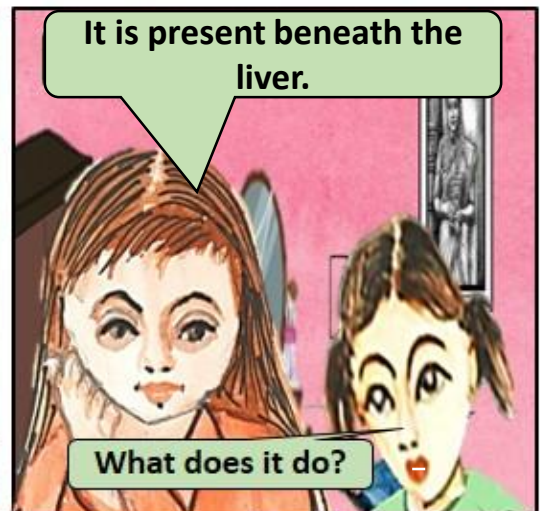
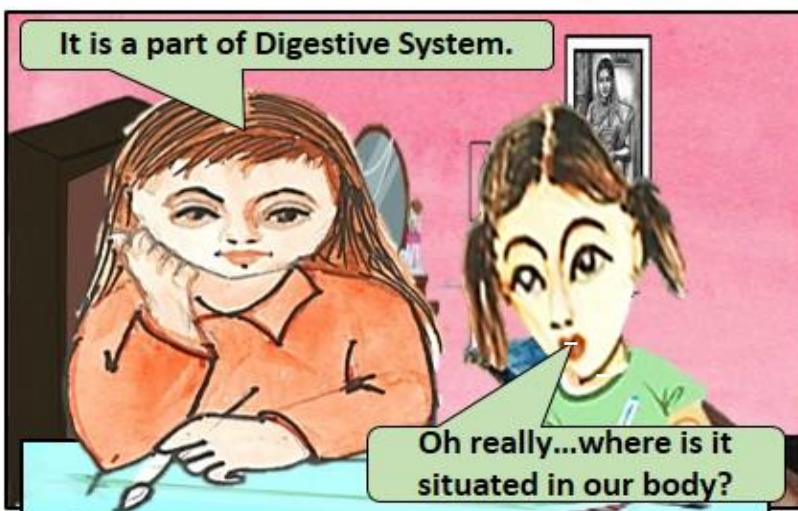
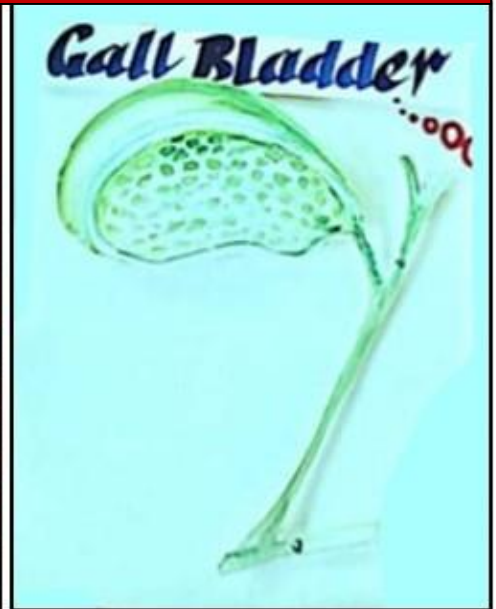
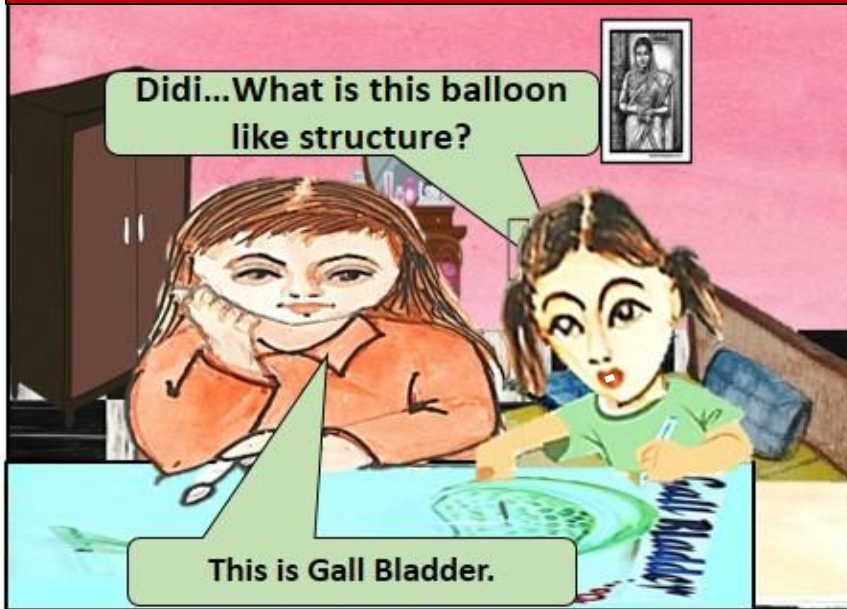
What is its role?



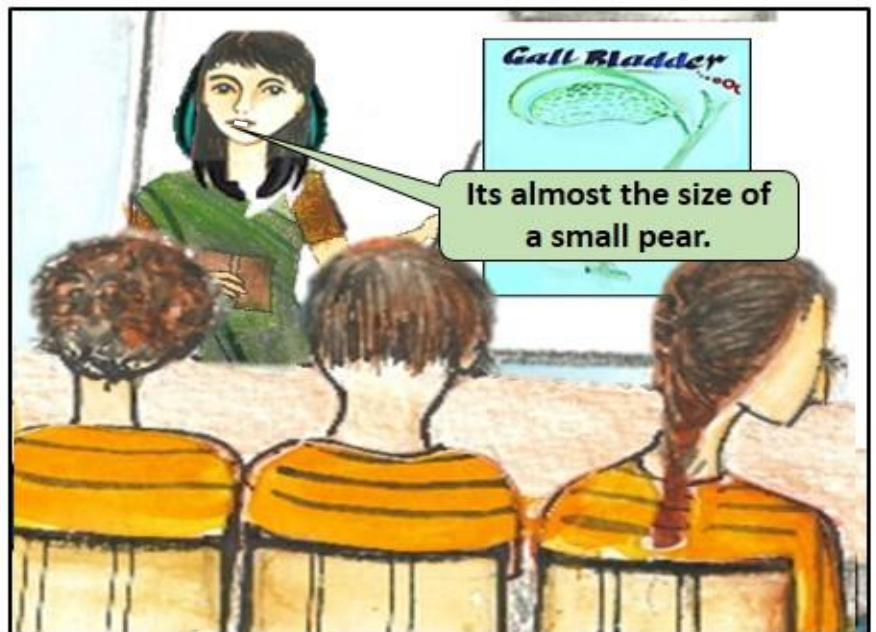
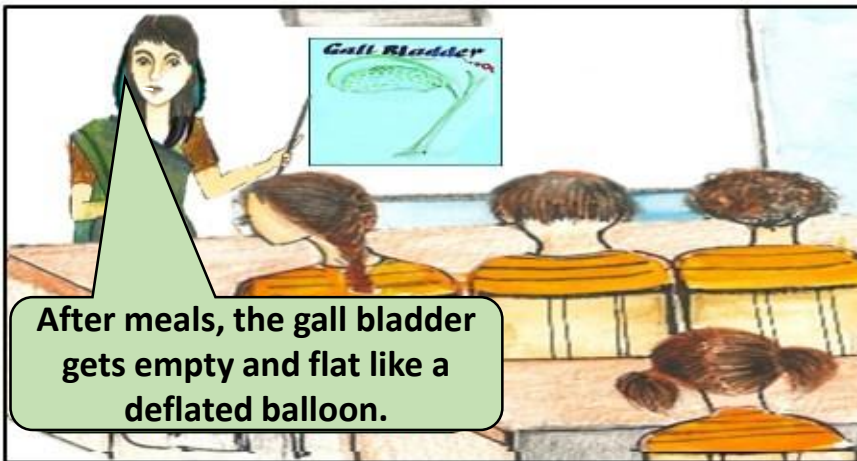
It secretes enzymes which breaks down food. Liver and pancreas pour their juices in the small intestine.

Class gets over.

Same day in the evening, Anisha is helping her elder sister Paridhi to prepare chart for the practical exam.



Next day , Science teacher first asks questions related to the topics completed and then explains about Gall Bladder.



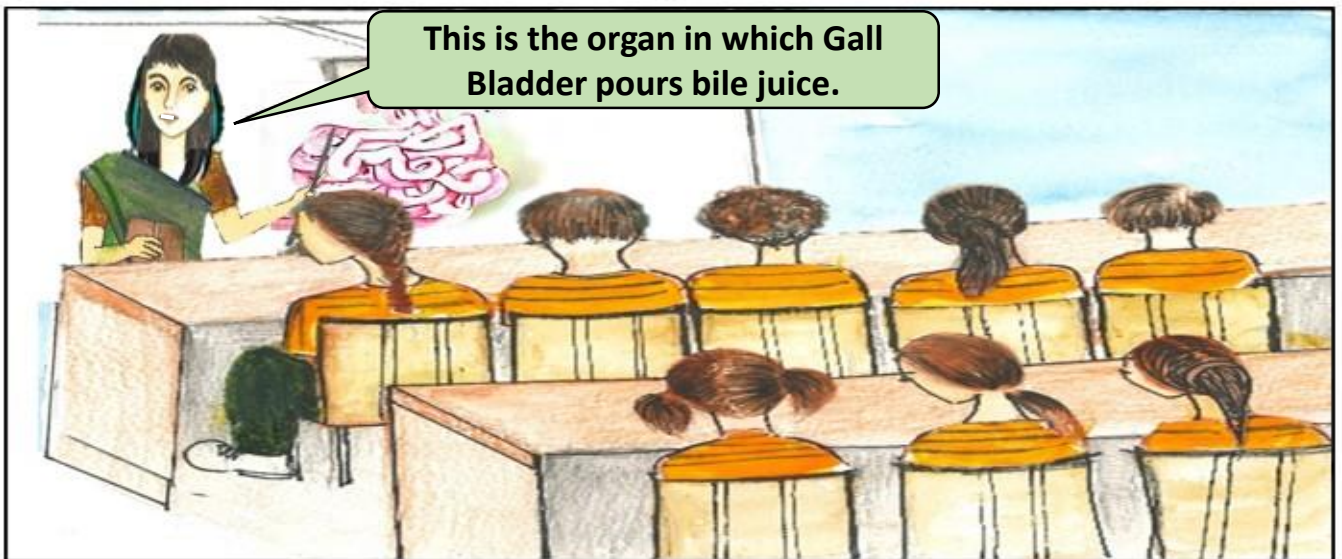
Teacher is showing the next organ.....



Small Intestine



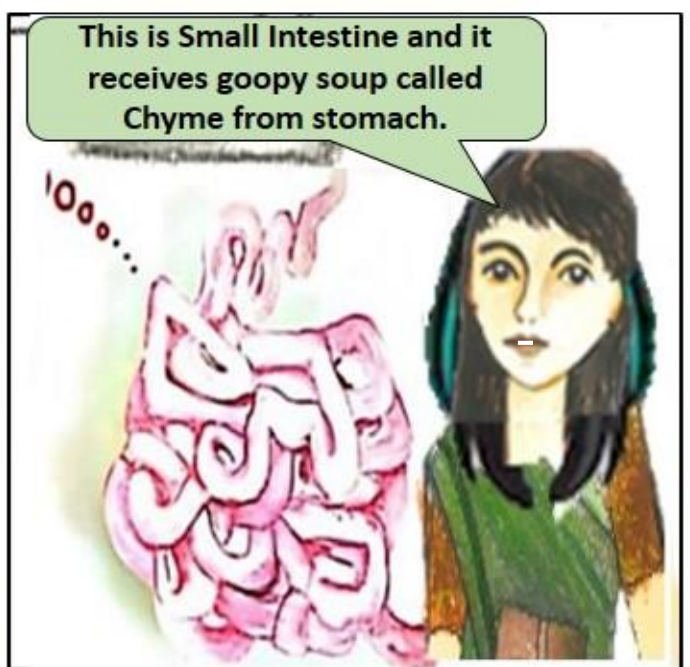
This is the organ in which Gall Bladder pours bile juice.



It's a rope.



This is Small Intestine and it receives goopy soup called Chyme from stomach.



Oh...it is almost 6 times bigger than me.

What is its role in the digestion of food?

I think it sucks our blood as worm does....

Like dracula

Small Intestine

It absorbs all the nutrients from goopy soup sent by stomach.

In the evening, Samyak is watching an animated video related to Human Digestive System.



Large Intestine



Hey! Who are you?



Large Intestine



I am Large Intestine.

Please tell me about your role in the digestive system.



Large Intestine



Undigested food from small intestine is sent to me.

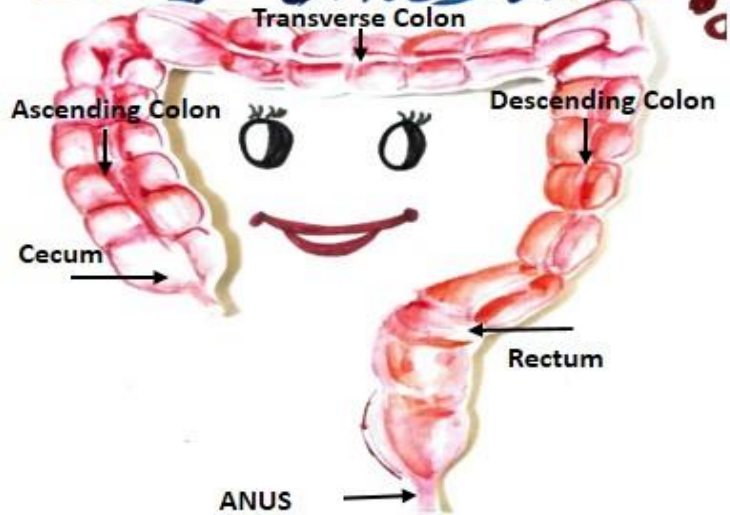
OK...What do you do with this undigested food?



I absorb excess of water and salt from the undigested food.

I have four parts, which are Cecum, Colon, Rectum and Anus.

Large Intestine



What do they do?



Cecum receives undigested food from small intestine.

Large Intestine



Cecum and colon absorbs water and salt from the undigested food.

And what about the rectum?

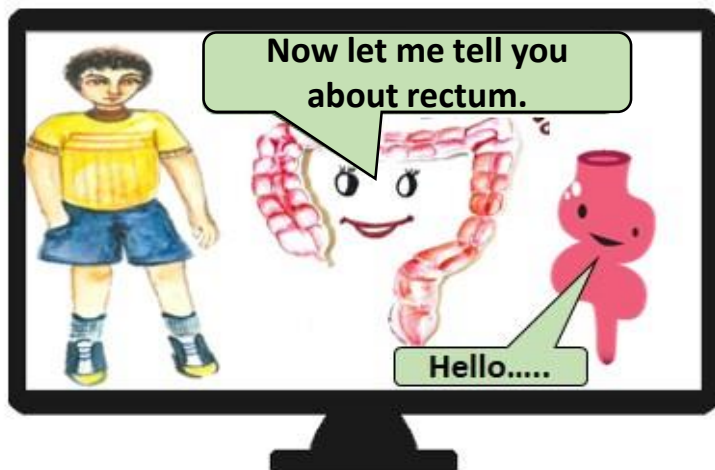


I am really excited to listen about it.

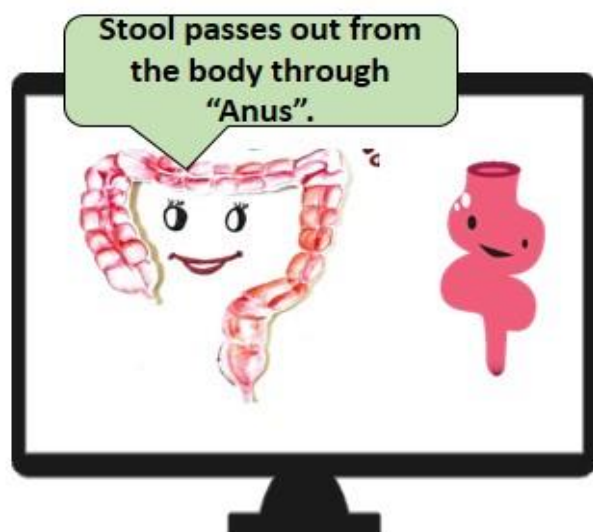


Ok.. Lets discuss.

Rectum

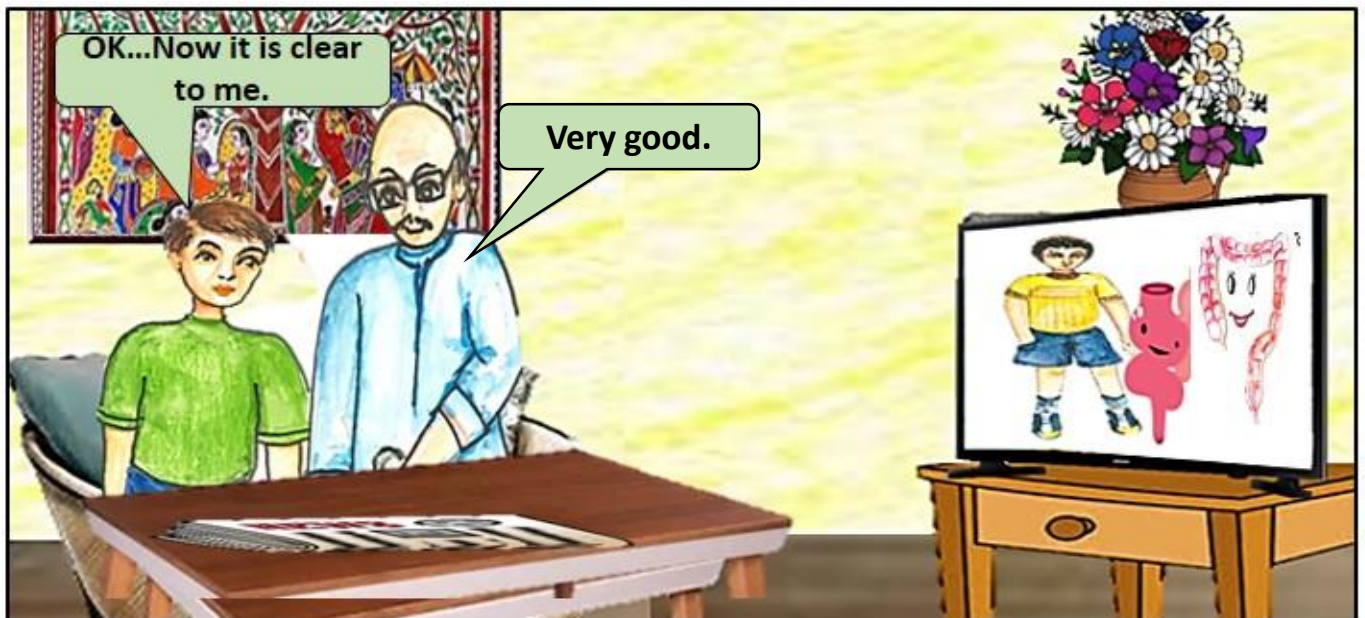
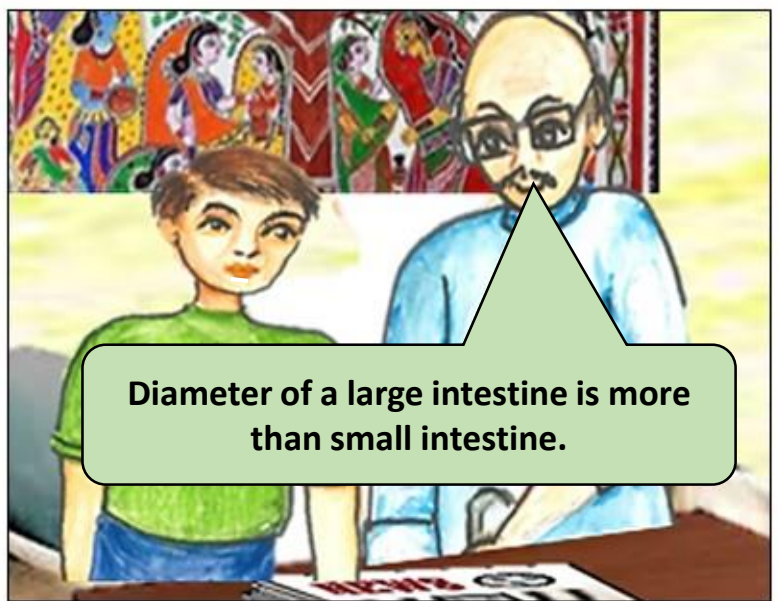
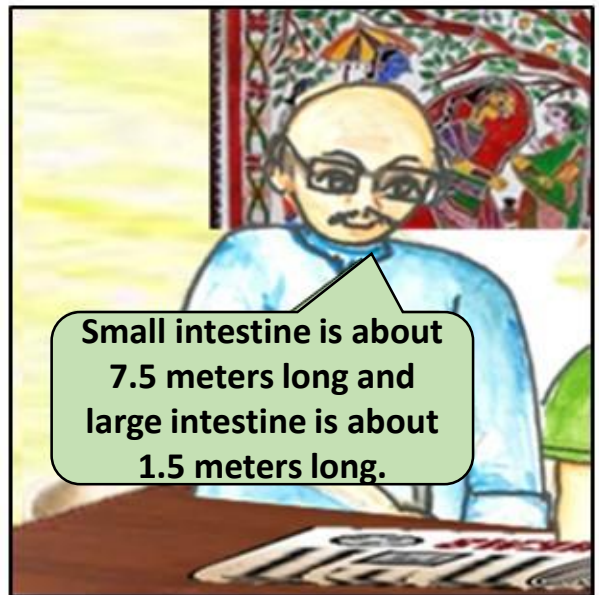
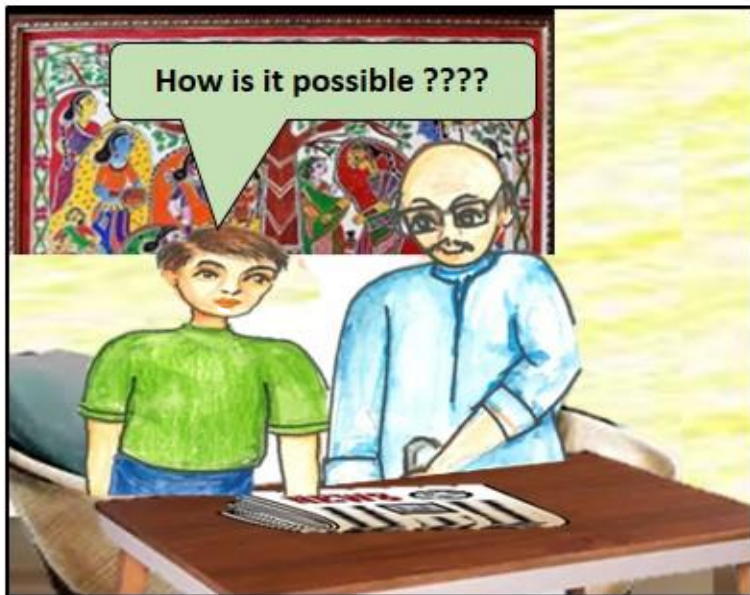


Undigested food material from colon reaches me and I hold stool until it is eliminated from the body.

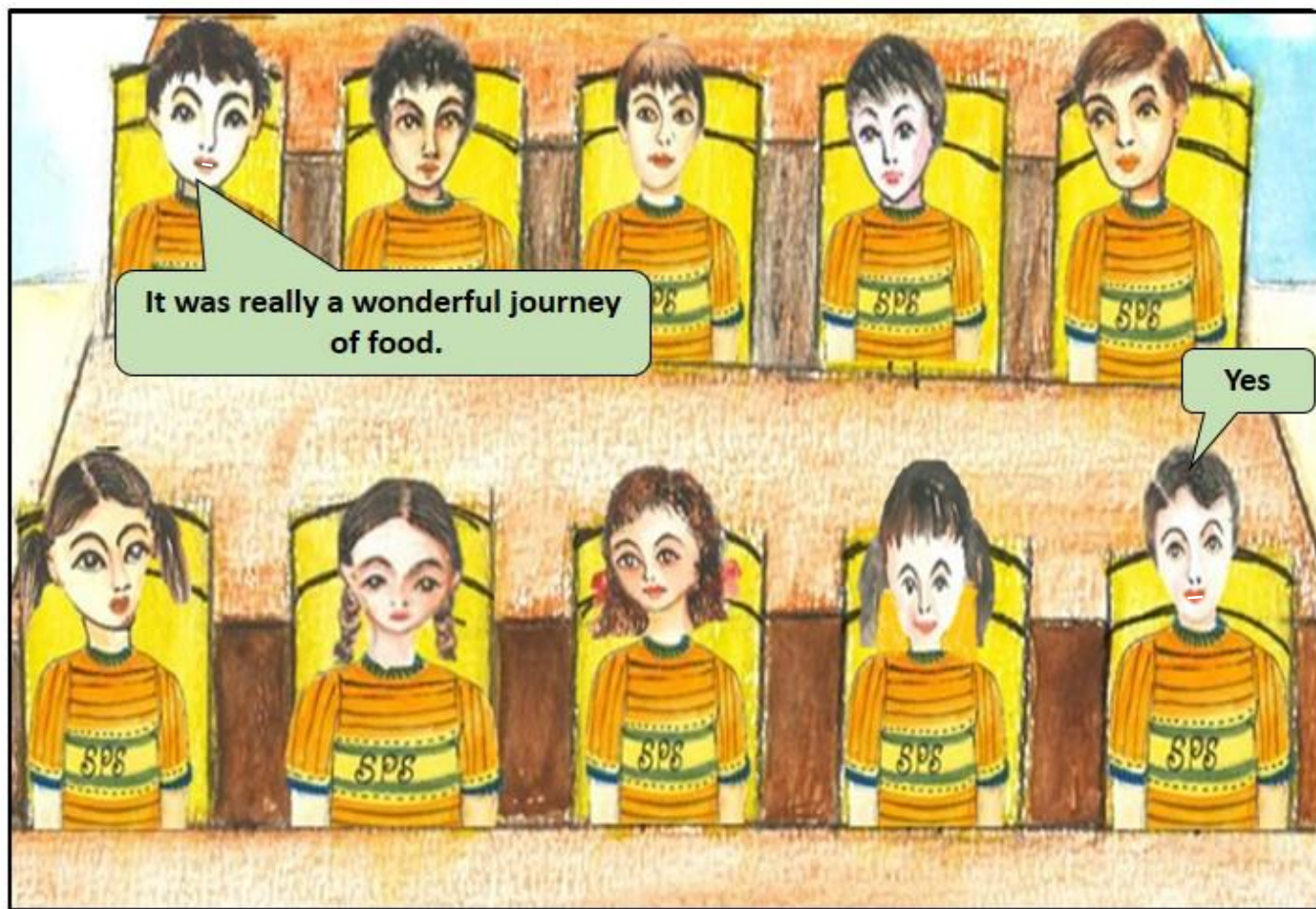
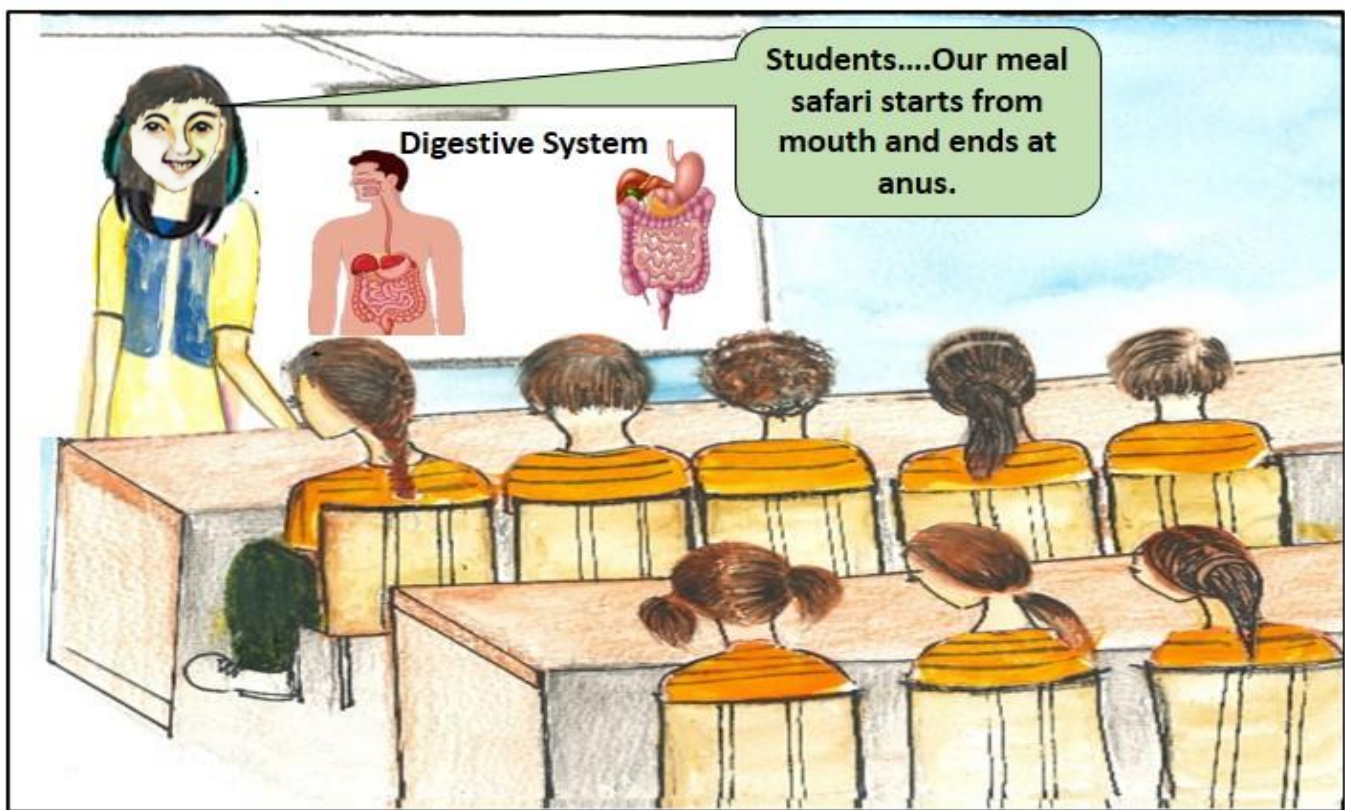


Dadaji enters in the living room.





Next day in school:
Science teacher explains about the large intestine and completes topic “ Tasting to Digesting”.



HOW THE BODY WORKS

Digestive System Word Find

Directions: Find out the words. See how many words you can find from the list below.

S	U	G	A	H	P	O	S	E	S	D	O	S	V	T
H	N	S	I	E	Y	I	D	N	I	A	E	D	E	M
R	E	V	Y	Z	N	M	F	G	W	M	L	E	B	A
R	E	C	T	U	M	I	E	V	Y	S	T	I	K	X
E	U	M	U	H	G	S	T	Z	V	H	Z	H	V	O
F	A	C	L	E	T	N	N	S	Q	K	F	C	K	A
U	E	T	I	I	L	E	N	P	E	L	G	T	J	H
V	H	C	V	O	O	I	T	O	D	T	A	K	N	D
O	C	E	E	Q	N	K	B	O	I	V	N	U	G	U
Q	A	F	R	V	V	K	N	P	I	F	Y	I	B	L
D	M	S	I	B	E	B	E	H	L	T	Z	O	W	X
E	O	D	A	C	Z	U	V	N	O	V	U	S	B	F
I	T	J	I	Y	P	I	P	A	B	Z	L	D	Z	W
E	S	D	O	O	F	Y	N	K	H	R	O	C	E	N
N	S	G	Z	M	Z	C	T	R	K	C	F	A	D	K

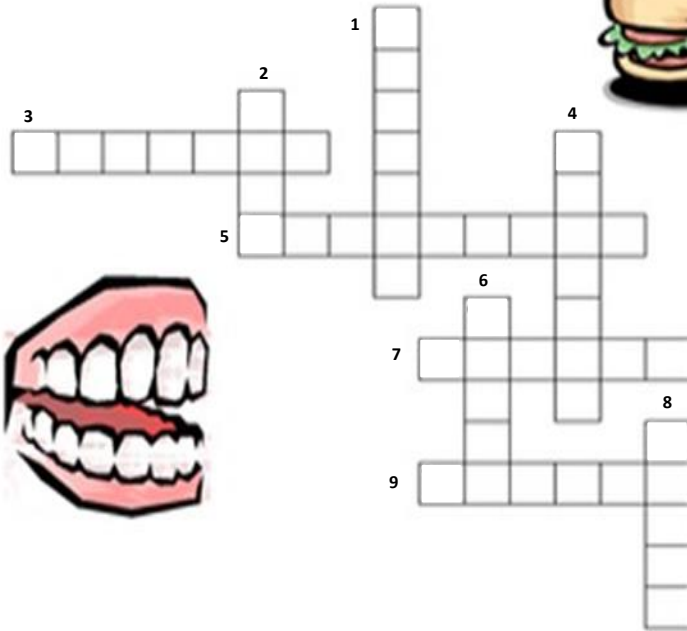
BILE
DIGESTIVE
ENZYMES
ESOPHAGUS

FOOD
INTESTINE
LIVER
POOP

RECTUM
SALIVA
STOMACH
TEETH

Brain Teasers

The digestive system.



Across:

3. This is a muscular bag.

5. The process of breaking food into smaller form.

7. This liquid is released in the mouth.

9. Undigested waste is stored here before it leave the body.

Down:

1. These molecules break down large pieces of food into smaller pieces.

2. This is produced by the stomach to kill bacteria.

4. This food group begins to break down in the stomach.

6. Most of the water is absorbed in _____intestine during digestion.

8.The _____ intestine is where food is absorbed into the blood.

Answer Key:

Across: 3. Stomach 5.Digestion 7. Saliva 9. Rectum

Down: 1. Enzymes 2. Acid 4. Protein 6. Large 8. Small



SMART THESAURUS



Acid - a sour substance, usually a liquid. Some acids burn or dissolve other substances that they come into contact with.

Acidity- condition that is characterized by heartburn, felt around the lower chest area. It is a common condition that occurs when stomach acid flows back up into the food pipe.

Bacteria - small organisms, or living things, that can be found in all natural environments. They are made of a single cell.

Beneath- to a lower position.

Bile - a thick bitter yellow or greenish fluid produced by the liver to help in digestion of fats in the small intestine.

Cardia- opening of the oesophagus into the stomach

Cells- smallest unit of a living organism.

Colon - part of the large intestine between the cecum and the rectum.

Deflated- To make something smaller by letting the gas out of it.

Digestive- having the power to promote or cause digestion.

Digestion- body's power of changing food into simpler forms that can be taken up and used.

Eliminate- to get rid of or remove something.

Enzymes- can build up or break down other molecules. They are chemicals which fasten a chemical reaction without undergoing any change themselves.

Flavour- taste of a food or drink.

Gallbladder- accessory digestive organ that stores and concentrates bile.





SMART THESAURUS



Goopy- sticky, gooey, drippy.

Grind- reduce something to small particles.

Heartburn- same as acidity.

Incisor- sharp teeth at the front of the mouth (four on the top and four on the bottom) that are specialized for cutting.

Large intestine- long, tube-like organ that is connected to the small intestine at one end and the anus at the other.

Liver- largest gland in the body whose main digestive function is the production of bile.

Molar- tooth used for crushing and grinding food.

Neutralise- make an acidic or alkaline substance chemically neutral, i.e., neither acid nor alkaline.

Oesophagus- a muscular tube that leads from the mouth through the throat to the stomach.

Pancreas- accessory digestive organ that secretes pancreatic juice.

Premolar- tooth used for chewing, crushing, and grinding food.

Rectum- last part of the large intestine, produces feces.

Saliva- watery fluid in the mouth which moistens food and breaks it down for swallowing.

Small intestine- section of the alimentary canal where most digestion and absorption occurs.

Tongue- accessory digestive organ of the mouth, the bulk of which is composed of skeletal muscle.





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“Be willing to be a beginner... but grow through what you go through...” Life is about accepting the challenges along the way, choosing to keep moving forward, and savouring the journey. Only difficult roads lead to the best places, when things do not go easy, let's remember that every challenge - every adversity - contains within it the seeds of opportunity and growth.

It was a great opportunity for the teachers to showcase their creativity through this Graphic Novel and the teachers did an excellent job. I am sure that this Graphic Novel will surely explain the difficult concepts to the learners in an interesting way.

I wish the publication very best.



N. R. KOTHARI

PRESIDENT

SHRI. S. S. JAIN SUBODH SHIKSHA SAMITI, JAIPUR.

“Every right implies responsibility... Every opportunity an obligation... Every possession is a duty...” Continuous effort - not strength or intelligence - is the key to unlocking our potential. Satisfaction lies in the effort. If everyone is moving forward together, then success takes care of itself. Resolution to succeed is more important than anything. Teachers, your ability has taken you to the new height of success. This Graphic Novel is a great job and this is the result of your dedication and hard work and yes...confidence too in the tough time of the pandemic.

Many congratulations to the mentor and team Subodh.



S. S. BOTHRA

HONY. SECRETARY

SHRI. S. S. JAIN SUBODH SHIKSHA SAMITI, JAIPUR.





**“The Law of Universe neither blesses us nor punishes us,
it only responds to the vibrations of our Attitude...”**

Happiness in life depends on how we perceive it, but it's a simple fact that without efforts we cannot gain anything. As we grow in years more efforts and work need to be done. When we do something selflessly for the society, it makes us more humane and teaches to respect humanity.

The dedication, enthusiasm and insight of the team of teachers in designing the Graphic Novel is really inspiring.



VINOD LODHA

JOINT SECRETARY

SHRI. S. S. JAIN SUBODH SHIKSHA SAMITI, JAIPUR.



Knowledge becomes invaluable when put into practice...

Students should understand the values of practice. We may need book...we may need internet...but the best cure for curiosity is creativity.

Graphic Novel is the creativity of the team of teachers. Their perseverance has helped them to accomplish this task. Congratulations for their accomplishment and to utilise this challenging times into creativity.



ANIL KUMAR GOKHROO

CONVENER

SUBODH PUBLIC SCHOOL, AIPRORT, JAIPUR



From the Principal's Desk

“Creativity is what drive innovation and progress...”

The work done in this pursuit was a journey of self-exploration of creativity, ideas, thoughts, team spirit, collaboration, co-ordination and much more. Initially, when the idea of graphic novel was shared, the response of some teachers was a kind of ‘Wishful thinking for some doubt’ for self etc. It took

some time for the teachers to decide of the topic and class to start putting the text in the form of graphic novel. After a few days of processing thoughts and discussions, there was a need of orientation and exchange of ideas. It was significant to convey complex ideas and theories in a creative manner. After the orientation sessions, teachers felt more confident and when the things were to put on the paper, they took on different roles e.g. story— teller, sketcher to draw the characters, more imagination to select names from the context, expressions with cultural diversity, authenticity with aesthetics etc.

The effort to make a graphic novel to inculcate interest and understanding of the reader had been a challenging task. We hope that readers will acquire the same. It had been a time exhausting exercise and simultaneously developed an attribute to a new hope, enthusiasm, innovation and confidence in team members. The Information Technology teachers and Fine Arts teachers too contributed a lot, since the context was to be put in different blocks without losing the content in the attempt to make learning interesting and meaningful. The objective of the graphic novel is to encourage critical thinking in the learners, eliminate the learning gap and to promote experiential learning. It was observed that during the process teachers acceptability of ideas, creativity, co-operation, adaptability was a marvelous example of team spirit. Each teacher is feeling more cognizant, confident, energetic, enriched and motivated.

We wish the journey of happy and joyful learning will continue...

KAMALJEET YADAV

PRINCIPAL

SUBODH PUBLIC SCHOOL, AIRPORT, JAIPUR



Summary

Vivan is a 10 year old child and doesn't like to eat anything except junk food. Vivan's parents explain to him about the importance of healthy food. One day at school, Vivan's science teacher introduces the topic of nutrients. Vivan and his classmates- explore the nutrients in the food they had in lunch. The Teacher asks them to collect information about the sources of different nutrients. Vivan's classmate Anisha visits her uncle's farm house & discusses about the sources of nutrients like Carbohydrates, Proteins, Vitamins and Minerals. Vivan's classmate Zoya asks from her mother about the sources of fat and its importance. Next day in the school, their Science Teacher discusses about Balanced diet. In the Science Exhibition, Students see chart of Digestive System and they request their science teacher to explain about it. The Science teacher takes them to "Tasting to Digesting....." Which starts from mouth. Samyak's sister explains him about different types of teeth with their function. The next day, his science teacher explains about role of tongue in the process of digestion. Same day in the school library Vivan explains Anisha about function of Oesophagus. In Science Lab, Vivan and Anisha explain the role of Oesophagus and the teacher appreciates them. She further explains about importance of Stomach, Liver and Pancreas in digestion of food. With the help of the chart of Gall Bladder, Anisha's sister explains her the contribution of gall bladder in process of digestion in continuation of the topic digestive system. The teacher explains about Small Intestine and its functions. Same evening, Samyak watches an animated movie based on the parts of digestive system and he discusses about Large Intestine with his grandfather. Teacher concludes the topic "Tasting to Digesting" in class.



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