

**Christ Church School**

**Notes**

**Name:** \_\_\_\_\_

**Roll No.** \_\_\_\_\_

**Subject : Science**

**Date : \_\_\_\_\_**

**STD : 4 A B C D E F G**

***Topic : The Human Body***

***Digestive and Excretory System***

**I. Fill In The Blanks.**

1. **Saliva** in the mouth breaks down the carbohydrates in the food.
2. The tongue pushes the food to the back of our mouth towards the opening of the **oesophagus**.
3. The pancreatic juices breakdown the **fats** , **proteins** and **complex carbohydrates**.

**II. Name The Following.**

1. It allows air into our lungs  
**windpipe**.
2. High fibre foods  
**fruits , vegetables**.
3. The filtering system for the human body  
**The Excretory System**

**III. Answer The Following**

1. Name the 3 parts of the kidney

Ans: The three parts of the kidney

Renal medulla - The outer layer

Renal cortex - The inner layer

Renal pelvis – which takes away the urine from the kidney through the ureters.

**2.** Write the ways of keeping the digestive and the excretory system healthy

Ans: We can keep our digestive and excretory system healthy by  
Eating healthy food,  
Drinking plenty of water,  
Getting regular exercise,  
Avoid eating junk food.

**3.** How do gastric juices protect us from falling ill?

Ans : Gastric juices from the stomach wall are mixed with the food in the stomach. The gastric juices kill any harmful bacteria that might enter the stomach with the food this is how the gastric juices protect us from falling ill.

**4.** Draw, colour and label organs of the excretory system (refer the text book).

Ans:

