

Chapter wise Completion Plan
Chapter Five
Food, Nutrition and Digestion

Name : *Date* :
Class : IX *Subject* : Biology

Reading & Drawing Topics		
Three Times Reading Topics	One Time Reading Topics	Drawing Topics
Allocated Time: ➤ Macronutrient or macro element ➤ Micronutrient or micro element ➤ Vitamins ➤ Fiber or Roughage ➤ Characteristics of balanced diet ➤ Basal Metabolism Rate (BMR) and Body Mass Index (BMI) ➤ Determining BMR value ➤ Determining BMI value ➤ Buccal cavity ➤ Tooth https://youtu.be/FV1rrbTYIM4 ➤ Structure of a tooth ➤ Stomach ➤ Small intestine ➤ Large intestine ➤ Salivary glands ➤ Liver https://youtu.be/O71niTozP-o ➤ Pancreas ➤ Digestion in mouth ➤ Digestion in stomach ➤ Digestion in the small intestine ➤ Absorption of digested food ➤ Assimilation https://youtu.be/FB6pdgTwbm0 https://youtu.be/XbDWgYAYPug https://youtu.be/2s49wCkVpDU https://youtu.be/6Ls_RsuTu6U	Allocated Time: ➤ Role of different mineral elements in plant nutrition ➤ Symptoms of nutrient deficiencies https://youtu.be/FXSKDTu7fd0 https://youtu.be/H2LeDV58CfM https://youtu.be/EORrVVbEIA4 https://youtu.be/XsMNHQ26i8w https://youtu.be/bRpEUwosP6c https://youtu.be/vi2lJ-Jz3XY ➤ Proteins ➤ Carbohydrates ➤ Fats ➤ Mineral salts or Minerals ➤ Water ➤ An ideal food pyramid ➤ General food value/ nutritional value of some food in Bangladesh ➤ Goiter ➤ Night blindness ➤ Rickets ➤ Anemia ➤ Determining calorie ➤ Exercise and Rest ➤ Adulterant in food and use of colours ➤ Some harmful effects of health risk ➤ Diseases caused by intestinal disorder	Allocated Time: ➤ Digestive system of human https://youtu.be/fiNdCcuSWCA ➤ Longitudinal section of a tooth ➤ Digestive gland ➤ Absorption of soluble food and fats in ileum

Solving of Questions

a) Cognitive questions	b) Analytical questions	c) Application based questions	d) Higher ability based questions
Allocated Time:	Allocated Time:	Allocated Time:	Allocated Time:
<ol style="list-style-type: none"> 1) What is chlorosis? 2) What is food? 3) What is protein? 4) What is carbohydrate? 5) What is fat? 6) What is vitamin? 7) What is calorie? 8) What is digestion? 9) What is digestive system? 10) What is dentine? 11) What is enamel? 12) What is oesophagus? 13) What is chime? 14) What is small intestine? 15) What is villus? 16) What is large intestine? 17) What is appendix? 18) What is digestive gland? 19) What is saliva? 20) What is bile? 21) What are called gastric glands? 22) What is peristalsis? 23) What is pepsin? 24) What is lacteal? 25) What is hepatic portal vein? 26) What is dyspepsia? 27) What is ulcer? 28) What is gastric ulcer? 29) What is peptic ulcer? 30) What is appendicitis? 	<ol style="list-style-type: none"> 1) What do you mean by nutrients of plants? 2) What do you mean by essential elements for plants? 3) Write two differences between macronutrient and micronutrient of plant. 4) Why is chlorosis occurred? 5) Write down two differences between plant protein and animal protein. 6) Why is rice polysaccharide? 7) Why is water just as important as oxygen? 8) Why is roughage important? 9) What do you mean by ideal food pyramid? 10) What do you mean by balanced diet? 11) Why do the people of North Bengal tend to suffer from goiter? 12) Why is rest very important for health? 13) What do you mean by chemical process of digestion? 14) What do you mean by salivary gland? 15) What do you mean by assimilation? 	<ol style="list-style-type: none"> 1) Explain what types of problems are occurred due to the deficiency of nitrogen in plant. 2) Determine your calorie demand considering yourself as a light working person. 3) State your health condition after determining BMI value. 4) Explain the harmful effects of taking adulterated food. 5) Explain the structure of a typical tooth. 6) Explain the structure of stomach. 7) Explain the structure of small intestine. 8) Explain the structure of the largest gland of human body. 9) Explain the digestion process of food in mouth. 10) Explain the digestion process of food in stomach. 11) Explain the digestion process of food in small intestine. 12) Explain the absorption of digested food. 	<ol style="list-style-type: none"> 1) Carbohydrate is considered as the main energy producing food of our body though per gram fat produce more energy than the carbohydrate.—Analyze. 2) "Very small amount of vitamins is needed for health; even so, its importance is unlimited"—Evaluate the statement. 3) Liver is the organic laboratory of the body.—Analyze. 4) Pancreas acts as both exocrine and endocrine gland.—Analyze. 5) Most of the foods are digested in the small intestine.—Analyze.