



1. Classify the following food item into carbohydrates, fats and protein.

sweet potato, ground nuts, tuar dal, potato, sugarcane, nuts, gram, milk, moong, butter, ghee, soya bean, cream, wheat, paneer, rice, bajra.

Ans.

Carbohydrates	Fats	Proteins

2. Read the given passage and answer the following:

How do plants make food?

Plants make their own food in their leaves as they do not get food from the soil or from water. The leaves can make food for the plant because they are green. The green chemical in a leaf is called chlorophyll. Plant make food in the presence of Sunlight, water, carbon dioxide and chlorophyll. Plants make food in a process called photosynthesis.

Mark true and false:

1. To make food a plant needs oxygen ___
2. Plants get food from the soil_____
3. Plants make food in their Green leaves_____
4. Sunlight is needed for photosynthesis___
5. The plant gets food from the Sun_____

3. Classify the following into Luminous and non-luminous objects:

Sun, Books, Pen, Torch, Firefly, Table

Luminous Objects	Non-Luminous Objects

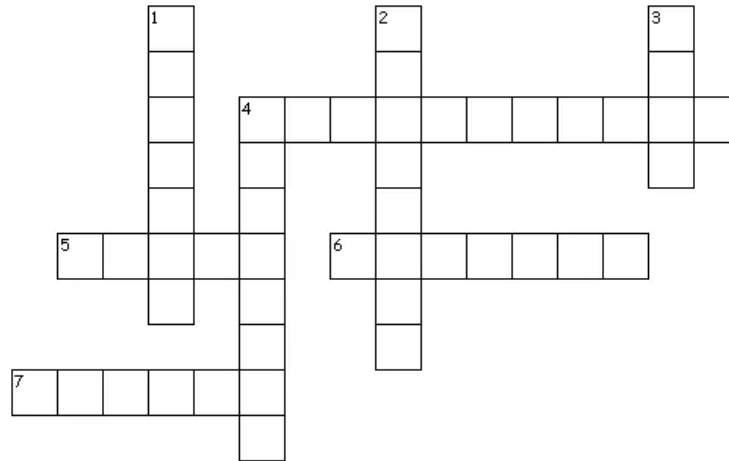
4. Go through the given passage below and find out the answers

<p>Vitamins: Though needed in small amounts, vitamins are very important for keeping our body healthy. There are a number of vitamin (A,B,C,D,E &K) which our body needs and each of these is found in different food items and has a specific role to play for functioning of our body.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 15%;">Vitamin</th> <th style="width: 35%;">Source</th> <th style="width: 50%;">Functions</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>Carrot ,Mango, liver ,Cod-liver oil,Butter</td> <td>Good for Eyes,Hair and Skin</td> </tr> <tr> <td>B</td> <td>Yeast, Meat, Fish, Milk, Green vegetables</td> <td>Proper functioning of muscles and nerves ,growth</td> </tr> <tr> <td>C</td> <td>Lemon ,Orange ,Amla ,Guava, Tomato</td> <td>Teeth and gums remains healthy ,For resistance against diseases</td> </tr> <tr> <td>D</td> <td>Milk,Butter, Cod-liver oil,Exposure to sunlight</td> <td>Bones and Teeth become strong by using Calcium.</td> </tr> </tbody> </table>	Vitamin	Source	Functions	A	Carrot ,Mango, liver ,Cod-liver oil,Butter	Good for Eyes,Hair and Skin	B	Yeast, Meat, Fish, Milk, Green vegetables	Proper functioning of muscles and nerves ,growth	C	Lemon ,Orange ,Amla ,Guava, Tomato	Teeth and gums remains healthy ,For resistance against diseases	D	Milk,Butter, Cod-liver oil,Exposure to sunlight	Bones and Teeth become strong by using Calcium.	<p>Minerals: These are needed by our body in very small amounts. They help in building up different parts of the body and in carrying out various life processes.They are obtained from both plant food as well as animal food. Plants absorb minerals from the soil. Animals feed on plants and so animal food also contain minerals.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 25%;">Minerals</th> <th style="width: 25%;">Source</th> <th style="width: 50%;">Functions</th> </tr> </thead> <tbody> <tr> <td>Calcium</td> <td>Milk , Green vegetables</td> <td>For building bones and teeth , helps blood to clot</td> </tr> <tr> <td>Phosphorus</td> <td>Meat, Fish, Eggs</td> <td>For building bones and teeth</td> </tr> <tr> <td>Iron</td> <td>Liver, meat , Green vegetables</td> <td>Making blood in the body.</td> </tr> <tr> <td>Iodine</td> <td>Sea food , iodised salt</td> <td>Helps in proper growth</td> </tr> </tbody> </table>	Minerals	Source	Functions	Calcium	Milk , Green vegetables	For building bones and teeth , helps blood to clot	Phosphorus	Meat, Fish, Eggs	For building bones and teeth	Iron	Liver, meat , Green vegetables	Making blood in the body.	Iodine	Sea food , iodised salt	Helps in proper growth
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Let us Practice now:

1. Name the vitamin required for making bones and teeth strong.
2. Vitamin C helps in keeping ourand Healthy.
3. Which mineral is found in sea food ?
4. How can having carrots help in improving your eyesight?
5. Why do we need Calcium ?
6. If you eat Fish, meat and guavas , which are the vitamins you are getting from these food items.

5. Complete the cross-word puzzle:



Across

4. The rearing of silkworms for obtaining silk
5. The largest producer of silk.
6. Cotton fibres are separated from the seeds by combing this process
7. It Yields silk fibres.

Down

1. the chief component of wool fibres
2. is a process that makes use of a single yarn to make a piece of fabric
3. It is made of fibres
4. The process of removing the fleece of the sheep along with a thin layer of skin is from its body

6.Match the events related to motion in Column I with the types of motions given in Column II

Column-I	Column-II
a) Motion of a child on a swing	i) Circular motion
b) the falling of a stone	ii) Rotational motion
c) Movement of the tip of the minute hand of a clock in 1 hour	iii) Periodic motion
d) The needle in the sewing machine	iv) Rectilinear motion
e) A moving wheel of a sewing machine	

7. Unscramble the following.

1. Mnivasit _____
2. geablinomho Example. Haemoglobin
3. Semlrnia _____
4. Irtdyedhano _____
5. Vrcsyu _____