

Chapter -1 Food and its sources

A. Define

1. Balanced diet - A diet that contains all types of nutrients along with fibre in the correct amount is called a balanced diet.
2. Photosynthesis- The process used by plants to produce their food using sunlight , carbon dioxide from the air and water from the ground using chlorophyll is called photosynthesis.
3. Food chain- The transfer of energy from one living thing to another in one direction starting at plants (producer) and ending at animals (consumers) is called a food chain
4. Vegan diet- A diet that contains strictly only plant based food and avoids any animal based food is called vegan diet.
5. Staple food- Foods which are eaten regularly or almost daily and fulfill a major proportion of our energy and nutritional needs are called staple foods.

B. Fill in the blanks.

1. A _____ diet helps us remain fit and healthy.

Ans- Balanced

2. _____ are called producers.

Ans- Plants

3. Honeybees move from flower to flower to collect _____.

Ans- Nectar

4. Culturing of honeybees is known as _____.

Ans- Apiculture

5. A _____ consists of many interconnected food chains.

Ans- Food web

C. Give examples of

1. Herbivores- cow, goat, sheep
2. Omnivores- bear , crow, human
3. Plant based food- vegetables, fruits, spices
4. Animal based food- milk , honey , egg
5. Staple food- rice , wheat, maize

D. Choose the odd one out with reason.

1. Rice, wheat, maize, chips.

Ans:Chips - is a junk food, others are staple food

2. Salt, spices, onion , tomato.

Ans:Salt- sourced from the oceans, others are plant based food

3. Butterflies, grass, snakes, fish.

Ans:grass is a producer while others are consumers

4. Crocodile , polar bear, fox, eagle.

Ans: fox- is an omnivore while others are carnivores

5. Milk, honey , cheese, nuts.

Ans: nuts are plant based while others are animal based products.

E. Give a reason.

1. Ground nut and mustard seeds are called oilseeds.

Ans. Because they are used to extract edible oils which are used for cooking food.

2. The flavour of all honey is not the same.

Ans- The flavour of honey changes with the type of flower whose nectar is collected.

3. Honey is called a super food.

Ans- Honey is a super food because it can be eaten raw even after years , used as a sweetener and has medicinal uses.

F. Question and answer

1. What does foodchain show?

Ans- It explains who eats whom showing how nutrients travel from plants to herbivores then to carnivores and then to omnivores.

2. What do the green and the red colour dots on food packets signify?

Ans-A green dot signifies a vegetarian product and a red or a brown triangle represents non-vegetarian product.

3. Why animals depend on plants?

Ans- Since animals can't make their own food they depend on plants.

G. Correct the false statement by changing the underlined word.

1. Onion, Potato and ginger are Fruits of the plant

Ans. Underground stem

2. Fats are body building food

Ans- Proteins

3. Nuts are the fruit of the plants

Ans- Seeds

4. Culturing honey bees is called sericulture.

Ans- Apiculture

5. Rats are an example of herbivores.

Ans- Omnivores

H. Matching.

Flower	producer
Honey	Animal based food
Butterfly	consumer
Groundnut	oilseed
Broccoli	flower
Fenugreek	leaf
Proteins	eggs
Underground stem	garlic
Human beings	omnivores
Venus fly trap	carnivores

Chapter-2 Components of food. (Question Bank)

QA. Fill in the blanks.

1 • ___ are the building blocks for repair and growth of our body.

Ans- Nutrients

2. ___ is a type of macronutrient which provides energy for our daily activities.

Ans- Carbohydrates

3. Our daily intake of water should be at least ___ lts or ___ glasses of water.

Ans- 2lts., 8- 10

4. A body builder needs more ___ to make a muscular body.

Ans - Proteins

5 • A disorder involving excessive body fat is called ___.

Ans- Obesity.

QB. Match the following two columns.

Muscle cramp Dehydration

Vegetables Roughage

Vitamin D Sunlight

Dairy products Proteins

Processed food Transfats

Complex carbohydrate Starch

Micronutrients Minerals

Water soluble Vitamin C

Excessive body fat Obesity

Regulates body temperature Water.

QC • Name the following

- 1 • Simplest form of carbohydrate - Sugar
2. Complex form of Carbohydrate - Starch
3. Nutrients that provide us energy like carbohydrates but in a highly concentrated form - Fats.
4. Fat that is very important for our heart- Omega 3.
5. Fats present in processed foods- Transfats
6. The vitamin which is also called sunshine vitamin - Vitamin D.
7. Not a nutrient, still very important for our body. - Roughage/Water

QD • Give any 2 examples of

1. Plant based food - Fruits and Vegetables
2. Animal based food- Milk and Meat
3. Macro nutrient - Fats and Proteins
4. Micronutrients. Vitamins and Minerals
5. Fats- Saturated Fat, Unsaturated fats, Transfat

6. Fat soluble vitamin- Vitamin A and Vitamin D

7. Water soluble vitamin- Group of vitamin B and vitamin C.

QE- Find out the diseases from the given options which are caused due to the lack of the following nutrients.

1. Carbohydrate - Weakness
2. Protein -Discolouration of hair
3. Vitamin A- Night blindness
4. Vitamin B,- Berei beri

5. Vitamin B2 - Bad skin

6. Vitamin B12- Anaemia

- 7- Vitamin C - Scurvy
- 8- Vitamin D - Rickets
- 9- Vitamin K- Excessive bleeding
- 10- Calcium. -Brittle bones
- 11- Phosphorous- Bad teeth
- 12- Iron - Anaemia
- 13- Iodine- Goitre

QF. Give reason

.1 • Vitamins are called protective food.

Ans Vitamins are called protective food because they protect us from different diseases.

2 • Vegetables and grains should not be washed too much or soaked for long period Ans- because it leads to the loss of water soluble vitamins.

QG• Question and Answer.

1. Why are vitamins and minerals called micronutrients?

Ans. Vitamins and minerals are required in a small quantity by our body. So they are called micronutrients.

2 • Write any 5 disorders in the body when we get dehydrated.

Ans - Five signs of dehydration:

- Muscle cramps
- Dizziness and Headache
- Dry mouth and skin
- Fever, Chills.
- Rapid breathing and heartbeat.

3. Which fruits are rich in water content?

Ans- Cucumber, Watermelon, Tomatoes and Lettuce are some food items with very high water content.

4. Can you identify whether your body is hydrated or not from your urine?

Ans- Urine that is dark yellow in colour indicates that the body is dehydrated. A pale yellow to transparent colour of urine is a sign of a hydrated body.

5. Why vegetables and fruits should be eaten more?

Ans- Vegetables and Fruits contain vitamins, minerals and fibre which are very good for our health, so they should be eaten more

.6 • Does a balanced diet vary from person to person? Give reason.

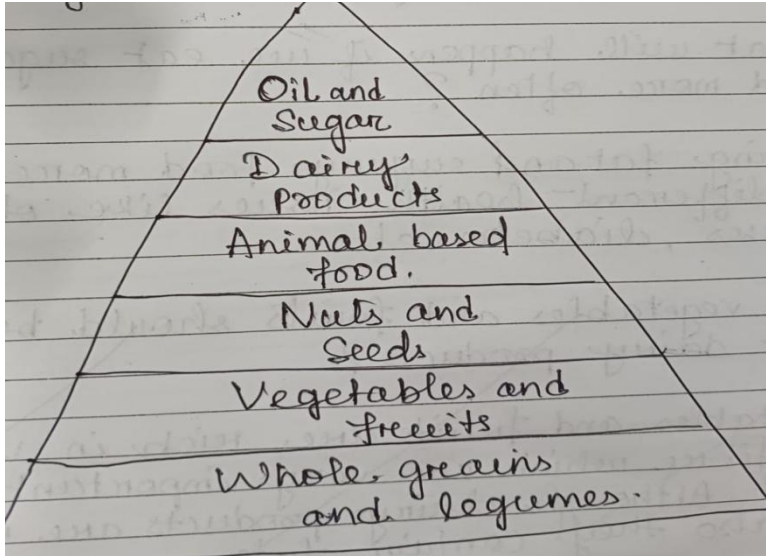
Ans. Yes, a balanced diet varies from person to person. It depends on the physical activity level of different individuals.

Ex- A body builder needs more proteins

A farmer needs more carbohydrates

A patient needs food containing more vitamins and minerals which can be easily digested.

QH- Diagram/Picture based question.



- 1- The food pyramid shows a balanced diet plan.
- 2- The nutrient present in the whole grain is carbohydrate .
- 3- Nuts and seeds are packed with minerals .
- 4- Why is oil and sugar at the top of the pyramid?

Ans- Oil and sugar are placed at the top of the pyramid because they are required in minimal amounts. They are rich in calories and have minimal nutritional value. Excessive consumption leads to health issues like obesity, heart disease, etc

5. What will happen if we eat sugar and fat rich food more often?

Ans- Eating fat and sugary food more often leads to different health issues like obesity, heart diseases ,diabetes, etc.

Q1 • Define

1. Nutrient- A nutrient is a chemical substance present in food used by living organisms for their survival, growth and proper functioning of different organs.

2. Macronutrients-Nutrients that are required by our body in a large amount are called macronutrients . Ex-Carbohydrates and fats.
- 3- Micronutrients-Nutrients that are required by our body in a small amount are called micronutrients. En-Vitamins and minerals.
- 4- Obesity- A disorder in the body involving excessive body fat is called obesity.
- 5- Deficiency diseases-Diseases that occur due to long term deficiency of a particular nutrient in our diet are called deficiency diseases.

QJ. Choose the correct option

1. Eating too much oily and sugary food leads to
 Deficiency disease Obesity Anaemia Goitre

Ans- Obesity

2 . Don't give any nutritional value, still very important for our body
 Lemon Potato Water Spinach

Ans- Water

3. It helps to test the presence of carbohydrates in food.

Sugar Phosphorous Starch Iodine
 Ans- Starch

4. It can't be digested by our body.

Glucose Starch Cellulose Sugar

Ans- Starch

5 • Which type of food is important for our body?

Plant based food Nutritious food Junk food Animal based food.

Ans- Nutritious food

Question bank

CHAPTER - 3

A. Question and Answer.

Q1. Why do we wear clothes?

Ans. To cover our body and protect it against heat, cold and rain.

Q2. How is a thread formed?

Ans. A thread is formed when two or more strands of yarn are highly twisted.

Q3. Write any one advantage and disadvantage of synthetic fibre.

Ans. Advantage- It doesn't wrinkle easily.

Disadvantage- It doesn't absorb sweat and is not breathable.

Q4. Which type of climate is suitable for growing cotton plants?

Ans. Warm climate, clayey soil, and a reasonable amount of rainfall is suitable to grow cotton plants.

Q5. In which type of climate jute grows well?

Ans. Jute grows well in warm and humid climates, having lots of rainfall, black alluvial soil.

Q6. Why is denim cloth widely used?

Ans. Denim is a type of cotton cloth, it is preferred due to its durability.

Q7. Why is fleece important to animals?

Ans. Fleece protects the body of animals from harsh and cold climate conditions.

B. Give reasons.

Q1. We wear woolen clothes in winter.

Ans. Because woolen is fluffy and when air gets trapped in the fluff it keeps our bodies warm.

Q2. We should not wear synthetic clothes while holding fire.

Ans. Synthetic fibres melt on heating and stick to the body of the person wearing it which leads to serious burn injuries. Therefore we should avoid wearing synthetic clothes while handling fire.

Q3. Jute is used for packing materials.

Ans. It is biodegradable, strong and cheap.

Q4. Silk can be worn in all weather.

Ans. Silk is lightweight, breathable, dries quickly and good at maintaining the body temperature. So it helps us to feel cool in hot weather and warm in the cold.

Q5. In the shearing process animals are not hurt.

Ans. Shearing is done by special machines like shaving tools used by barbers and does not hurt the animals.

C. Tick the correct option.

1. Cotton seed oil is used for_____.

- A) Massaging
- B) Cooking
- C) Oiling/lubricating
- D) Fuel

ANS - Cooking

2. _____ is not a biodegradable material.

- A) Coir
- B) Jute
- C) Kapok

D) Nylon

ANS- Nylon

3. The light and fluffy fibre used in filling cushions is

A) Hemp

B) Coir

C) Kapok

D) Silk

ANS- Kapok

4. Silkworms generally consume ____ to yield soft silk.

A) Mulberry leaves

B) Cherry leaves

C) Grass

D) Insects

Ans. Mulberry leaves

5. One of the costliest fabric in the world is

A) Cotton

B) Silk

C) Kapok

D) Hemp

Ans. Silk

D. Name the following.

1. A rough and coarse fibre obtained from the outer shell layer of a coconut- **coir**
2. The type of fibre which is also called silk cotton- **kapok**
3. Rearing of silk worms to obtain silk-**sericulture**
4. Fleece covering the skin of the animal-**wool**
5. Natural materials which are not fibre but used for clothing – **leather/fur**

E. Picture based questions.



1. What is the man doing in this picture?
Ans- The man is removing wool from the skin of the sheep.
2. Name the process.

Ans- The process is called Shearing.

3. Does the process hurt the animals?

Ans- No, animals are not hurt in the process.

4. What do we get from the animal's body?

Ans- We get wool from an animal's body.

5. Is the man doing it with a knife?

Ans-No, the person is doing it with a razor (shaving machine).

6. Name some other animals who give us the same thing as sheep.

Ans- We also get wool from goats,rabbits,yaks,etc.

7. In which season we wear fabric obtained from the sheep?

Ans- We wear woolen clothes in winter seasons.

8. The layer that covers the body is called ____.

Ans- Fleece.

9. Why is the layer on the body of the animal important?

Ans- The layer protects the animal from cold.

F. Circle the odd one out with reason.

1. Silk, Jute, Cotton, Coir

Ans- Silk ... is an animal fibre and others are plant fibres.

2. Nylon, Rayon, Terylene, Cotton

Ans- Cotton...is a natural fibre and others are synthetic fibre

3. Ginning, Spinning, Weaving, Shearing.

Ans- Shearing...is removal of wool from animal skin and others are processes involved in making fabric.

4. Doormat, Cleaning brushes, Ropes, Cushion filling

Ans-Cushion filling...Kapok is used but in others jute is used.

5. Knitting, Weaving, Stitching, Sericulture

Ans- Sericulture...Rearing of silkworm and others are processes involved in making fabrics.

G. Difference

1. Cotton-Silk

Ans- Cotton- A plant based fibre.

Silk - An animal based fibre.

2. Jute-Nylon

Ans- Jute-Natural fibre. Biodegradable material

Nylon- Synthetic fibre. Non biodegradable material.

H. Fill in the blanks.

1. _____ are made up of yarn. (Ans- Fabric)

2. Cotton plants grow well in _____ soil. (Ans- Clayey soil)

3. The device used by hands to obtain yarn from cotton fabric is _____. (Ans- Charkha)

4. Jute fibre is obtained from the _____ of the jute plant. (Ans- Stem)

5. Silk is obtained from the _____ of silkworms. (Ans- Cocoon)

I. Give an example.

- | | |
|------------------------------|--|
| 1. Natural fibre | (Ans- silk , wool , cotton , jute , hemp , coir , kapok) |
| 2. Synthetic fibre | (Ans- nylon , rayon , terylene,polyester) |
| 3. Commonly used plant fibre | (Ans- cotton , jute) |
| 4. Looms | (Ans - hand looms , power looms) |
| 5. Sources of wool | (Ans- goats, rabbits , yak) |
| 6. Blended fabrics | (Ans- cotton silk ,poly wool) |

J. Matching

Fabric	Sources
Cotton	Balls of cotton plant
Jute	Stem
Silk	Cocoon
Synthetic fibre	Chemicals
Coir	Coconut
Kapok	Seeds
Wool	Fleece

K. Define.

1. Fibre – Fibres are thin strands that are spun together to form yarns
2. Natural fibre - The fibres that we get from nature (plants and animals) are called natural fibres.
3. Synthetic fibre- The fibres that are made from chemicals in artificial methods are called synthetic fibers.
4. Ginning- The process of separating the cotton fibre from the seeds inside the ball is called ginning.
5. Bales- The ginned cotton fibre is made into compact bundles known as bales.
6. Spinning – The process of getting yarn from fibres is called spinning.
7. Weaving – The process of arranging 2 sets of yarns together to make a fabric is called weaving.