



Exercise

Section 1 : Formative Assessment (CCE Pattern)

1. Oral Questions :

- Ans.** a. Chlorophyll.
 b. The process of making food by the plants, is called photosynthesis.
 c. Mushrooms and moulds.

2. Tick (3) the correct answer :

- Ans.** a. (ii) b. (iii) c. (iv) d. (iii)

3. Identify the pictures and write their names :

- Ans.** a. Green pigment present in leaves. **Chlorophyll**
 b. Small pores on the surface of leaves. **Stomata**
 c. When it is added to starch, it becomes blue-black. **Iodine solution**

4. Fill in the blanks :

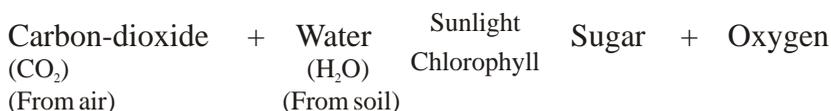
- Ans.** a. Animals give out **carbon di-oxide** which is absorbed by the plants.
 b. Cactus and **dodder** have green stems.
 c. The non-green plants get their food from **decaying** matter.
 d. The extra food prepared by the plant is stored as **protein**.
 e. Plants can prepare food in the leaves in the presence of **chlorophyll**.

5. Match the following :

- | | | |
|-------------|---|---------------------------------|
| Ans. | Column I | Column II |
| | a. The process of preparing food | (i) photosynthesis |
| | b. The flat surface of the leaf | (ii) leaf blade |
| | c. Sun's energy is trapped in | (iii) chlorophyll |
| | d. Prepared food is stored in | (iv) leaves, stem, root, fruits |
| | e. Gas given out during the process of photosynthesis | (v) oxygen |

6. Answer the following questions :

- Ans.** a. Plants need water, carbon dioxide and sunlight to prepare their food by the process of photosynthesis.
 b. The cells of the leaf contain a pigment called chlorophyll. Chlorophyll traps energy of the sunlight and helps the green plants to prepare food.
 The process of photosynthesis may be shown as follows :



- c. Plants store food in different parts of the body like leaves, stem, Root, fruits.
 d. Leaves make the food for the plants. So, there should be some food present in the green leaves. We can test the leaves for the presence of starch with iodine.

But to carry on this experiment we first have to remove the green colour



of the leaves. We have to bleach them. A leaf can be bleached by first boiling in hot water and then in alcohol. This dissolve the chlorophyll. It is then washed in cold water. Now, if a few drops of iodine are put on the leaf, it turns blue. This shows that the leaf contains starch.



Pluck a green leaf from a plant

Boil the leaf first in water and then in alcohol

Wash the bleached leaf in cold water

Add a few drops of iodine solution

Starch part turns blue

- e. Green plants use the sun's energy along with water and carbon dioxide to prepare the food. Food prepared by plants is used by humans and animals. This gives them energy to work and grow. In their turn, animals and human beings give out carbon dioxide in the atmosphere. The carbon dioxide is absorbed by the plants. This cycle goes on and on. This is how the sun's energy flows in the world of living things.

Section 3 : Formative Assessment (CCE Pattern)

Activity

Ans. Do yourself



3 Reproduction in Animals

Unit-III :
Animal Life

Exercise

Section 1 : Formative Assessment (CCE Pattern)

1. Oral Questions :

Ans. a. Butterfly and Moths

b. Reproduction

c. Animals take care of their young ones by providing them necessary condition for livings such as. food, water, shelter and protection from their enemies.

2. Tick (3) the correct answer :

Ans. a. (ii)

b. (ii)

c. (i)

3. Name these :

Ans. a. Young one of an insect, different from its parent

Metamorphosis

b. Young ones of a frog.

Tadpole

c. Emerging of young one from an egg.

Hatching

d. The young cockroach.

Nymph

4. Fill in the blanks :

Ans. a. The animals with a pouch in their body carry their young ones are called **Marsupials**.

b. The process by which one living thing makes more of its own kind is called **Reproduction**.



d. The young cockroach

Nymph

4. Identify the picture and write their names :

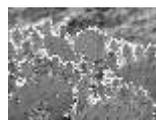
Ans.



Diver



Patient



Cactus



4 Clothes We Wear

Unit-IV :
Our Needs

Exercise

Section 1 : Formative Assessment (CCE Pattern)

1. Oral Questions :

- Ans.
- We protect our feet by wearing sandals and shoes.
 - Cotton, silk, wool, fur etc.
 - Hats, turbans and helmets are three special purpose headgears.
 - Handkerchieves are always made of natural fibres so as to enable them to absorb sweat easily and help us in remaining clean.

2. Tick (3) the correct answer :

- Ans.
- a. (i) b. (ii) c. (iii) d. (i)

3. Pictures given below are from different states of India. Read the clues and write the name of the states they come from.

Ans.



Rajasthan



Delhi



Punjab



Bengal

Section 2 : Summative Assessment (CCE Pattern)

4. Fill in the blanks :

- Ans.
- Clothes are of three kinds : protective, decorative and **uniforms**.
 - Cotton** is obtained from the cotton plants.
 - We look **Smart** and cultured when we wear suitable clothes.
 - Moth balls and dried neem leaves keep **Insects** away.
 - Clothes should be washed **properly** and stored well.
 - Nylon** and **rayon** are synthetic fibres.
 - Silk fibres are obtained from an insect called **silk worm**.

5. Match the following :

Ans.

Column 'A'

Column 'B'

- | | |
|------------------|-----------------------------|
| a. Natural fibre | (i) cotton |
| b. Winter season | (ii) warm clothes |
| c. Summer season | (iii) loose fitting clothes |
| d. Nurse | (iv) white uniform |
| e. Early man | (v) leaves |



6. Write 'T' for true and 'F' for false :

- Ans.** a. True b. True c. True d. True
e. True f. True g. True

7. Answer the following questions :

- Ans.**
- Clothes protect us from heat, cold, rain, dust and insects. We look smart, decent and cultured when we wear clothes suitable for season, occasion, tradition and age.
 - Early man covered his body with barks, leaves of trees and skin of animals protect from unsuitable situations and injuries.
 - We wear clothes are of many kinds depending on climate, season, occasions and fibres. Clothes are made of different fibres like cotton, woollen and synthetic.
 - In different parts of the world people wear different types of clothing depending on local climate, custom, culture, fashion, tradition and also cultivation of different fibres.
 - Nature fibre :** (1) Natural fibre occur naturally like cotton obtained from cotton plant and silk obtained from silk worm.
(2) Cotton clothes absorb sweat in summer season.
Synthetic fibre : (1) Clothes are also made from fibres which are neither obtained from plants nor from animals. These are called man-made or synthetic fibres. Examples are nylon, rayon, polyester, lycra, spandex, etc.
(2) Synthetic fibres do not absorb sweat but they burn very quickly.
 - We wears some headgears for the purpose of protecting ourselves from dust, hot weather, accidents etc. there special headgears are hats, turbans, and helmets.
 - People living in different places wear different clothes because of the differences in the climate, weather, life style, and culture.

Section 3 : Formative Assessment (CCE Pattern)

Activity

Ans. Do yourself

Project

Ans. Do yourself



5

Food, Nutrition and Health

Unit-V :
Health and Nutrition

Exercise

Section 1 : Formative Assessment (CCE Pattern)

1. Oral Questions :

- Ans.**
- Carbohydrates, fats, proteins, vitamins and minerals are the main nutrients of food.
 - We need food to live and grow.



- d. Carbohydrates are nutrients that give quick energy to our body.
- e. Dietary fibre is a part of food that we cannot digest. It has no food value but helps to move the waste through the digestive system.
- f. Canning after boiling, dehydration, salting, sugaring and freezing are some common methods of food preservation. Food that is put into cans and bottles is kept free from air and moistures. Certain chemicals are also added to the food to preserve it. These are called preservatives.

Section 3 : Formative Assessment (CCE Pattern)

Project

Ans. Do yourself



6 A balanced Diet and Digestion of Food



Exercise

Section 1 : Formative Assessment (CCE Pattern)

1. Oral Questions :

- Ans.**
- a. Boiling, freezing, canning, drying or dehydration and adding preservatives are methods of food preservation.
 - b. The undigested food thrown out of the body in the form of faeces (stools) through the anus.
 - c. We should chew food well so that it get digested easily and we get maximum nutrients from it.

2. Tick (3) the correct answer :

- Ans.** a. (i) b. (ii) c. (ii) d. (iii)

3. Write one function of each of the following :

- Ans.**
- a. Food pipe : **Swallowing**
 - b. Stomach : **Digestion**
 - c. Large intestine : **Undigested food thrown out**
 - d. Small intestine : **Complete digestion of food**
 - e. Anus : **Removal of waste from the body**

Section 2 : Summative Assessment (CCE Pattern)

4. Fill in the blanks :

- Ans.**
- a. The liver produces digestive juice called **Bile Juice**.
 - b. The stomach produces **Hydrochloric acid** which kills the bacteria present in the food.
 - c. **Saliva** in the mouth helps to soften food.
 - d. The large intestine absorbs the **Undigested food** from the wastes and sends the solid part of it out of the body as **Anus**.

5. Write 'T' for true and 'F' for false :

- Ans.** a. True b. True c. False d. True e. True

6. Match the following :

- Ans.**
- | Column 'A' | Column 'B' |
|-------------------------|------------------|
| a. Adding preservatives | (iv) packed peas |



- | | |
|-------------|------------------|
| b. Canning | (iv) pickles |
| c. Drying | (iii) meal |
| d. Freezing | (iv) fresh juice |
| e. Boiling | (v) milk |

7. Answer the following questions :

Ans. a. Our diet must provide us with all necessary nutrients required by our body. A diet that contains all the nutrients in the right amount, is called a balanced diet. A balanced diet should give you :

enough carbohydrates and fats to give you energy to work and do other activities.

enough proteins to help you grow and heal your body, if you are hurt or injured.

enough vitamins to protect you from diseases.

enough minerals to make you strong and healthy.

b. The food we eat is changed into simpler substances by various organs. The process by which useful substances in the food are broken into fine particles, is called digestion.

The mouth, food-pipe, stomach, liver, pancreas, small and large intestines are organs of human digestive system.

c. The saliva is produced by the salivary glands. It makes the food soft so that it can be swallowed easily. Saliva also breaks down the starch present in food into easily digestible substances.

d. When we eat food, it is broken down into smaller pieces by our front teeth. The back teeth grind the food to a paste which moves with the saliva in the mouth. The saliva is produced by the salivary glands. It makes the food soft so that it can be swallowed easily. Saliva also breaks down the starch present in food into easily digestible substances. The tongue helps in mixing the food with the saliva and pushing it down to food-pipe or oesophagus. This process is called swallowing.

e. Digestion of food is completed in the small intestine. The juices break down the food further to complete the process of digestion.

f. Food gets to the different parts of the body in the following manner :

- **Digestion in the Mouth**

When we eat food, it is broken down into smaller pieces by our front teeth. The back teeth grind the food to a paste which moves with the saliva in the mouth.

saliva and pushing it down to food-pipe or oesophagus. This process is called swallowing.

- **Digestion in the Stomach**

The food from the stomach reaches the small intestine.

- **Digestion in the Small intestine**

Digestion of food is completed in the small intestine. The juices break down the food further to complete the process of digestion.

- **Undigested food is thrown out**

remaining waste is thrown out of the body in the form of faeces

(stools). The end part of the large intestine that passes out the stool is called the anus.

- g. Actually, food gets spoiled if kept for a long time. So, it is necessary to preserve the food properly. The process by which we can preserve for long time called as “food preserve”. There are many ways of preserving food. They are as follows :

Boiling : Boiling kills the germs present in the milk. So it does not get sour for a longer time.

Freezing : If food is stored in a refrigerator, it can be preserved for many days. The low temperature inside the refrigerator does not allow the growth of germs.

Canning : Some items such as, juices come in cans. They are put in cans after removing the germs from them.

Dehydration or drying : Some food items are dehydrated or dried to remove the moisture present in them completely. This way, germs cannot breed and food can be preserved for a longer time.

Adding preservatives : Preservatives like salt, sugar, oil, vinegar etc. are added to some foods to slow down the growth of the germs.

- h. Undigested food passes into the large intestine. From there it is thrown out through the anus.

Section 3 : Formative Assessment (CCE Pattern)

Project

Ans. Do yourself



Formative Assessment-II (CCE Pattern)

Max Marks : 20

1. Oral Questions :

Ans.

- Cotton, silk, wool etc.
1. To keep the head safe nature has grown hair on it.
2. They protect head, ears and eyes from heat, dust, storm and injury.
3. Hats are worn for fashion also.
- We cook food because cooking makes food soft, tasty and easy to digest.
- Boiling, freezing, canning, drying or dehydration and adding preservatives are methods of food preservation.
- Undigested food passes into the large intestine. From there it is thrown out through the anus.

2. Tick (3) the correct answer :

Ans.

- a. (i) b. (iii) c. (ii) d. (i) e. (iii)

3. Ring the odd one :

Ans.

- | | | |
|------------|-------------|---------------|
| a. Spinach | Fish | Banana |
| b. Eggs | Cheese | Bread |
| c. Sugar | Wheat | Pulses |

4. Name these :

Ans.

- a. A nutrient which keeps your body warm. **Fats**



b. A nutrient helps you to grow.

Protein



Summative Assessment-I (CCE Pattern)

Max Marks : 40

1. Fill in the blanks :

- Ans.**
- Plants and animals **are inter depend** on each other.
 - Cactus and **Dodder** have green stems.
 - The egg **hatch** to give out the baby bird.
 - Nylon** and **rayon** are synthetic fibres.
 - Protein help our body to **grow**.

2. Match the following :

- Ans.**
- | | |
|----------------------------------|-------------------------------|
| a. The process of preparing food | (i) photosynthesis |
| b. Nurse | (ii) white uniform |
| c. Early man | (iii) leaves |
| d. Vitamin 'A' | (iv) healthy eyes and skin |
| e. Fibres | (v) found in green vegetables |

3. Write 'T' for true and 'F' for false :

- Ans.** a. False b. True c. True d. True e. True

4. Answer the following questions :

- Ans.**
- All living things need oxygen to get energy from their food. Oxygen burns the food to produce energy. This energy is used for growth and to repair damaged parts.
 - Plants need water, carbon di-oxide and sunlight to prepare their food by the process of photosynthesis.
 - Birds (females) lay eggs in the nest The eggs have to be kept warm while the baby birds grow inside them. So, the female or male bird sits on the eggs for a few weeks. This process is known as incubation. A baby bird hatches out of an egg after breaking open the egg shell.
 - Early man covered his body with barks, leaves of trees and skin of animals to protect from unsuitable situations and injuries.
 - Canning after boiling, dehydration, salting, sugaring and freezing are some common methods of food preservation. Food that is put into cans and bottles is kept free from air and moistures. Certain chemicals are also added to the food to preserve it. These are called preservatives.



7 Teeth and Microbes

Unit-VI :
Teeth and Microbes

Exercise

Section 1 : Formative Assessment (CCE Pattern)

1. Oral Questions :

- Ans.**
- Each of the two sets of human teeth have sixteen teeth.
 - Molar teeth that help us to chew and grind food.
 - Rabbits, squirrels and rats.



5. Match the following :

- Ans.** a. Heating and cooling (i) produce important changes in materials.
 b. Soda-water has (ii) carbon dioxide dissolved in it.
 c. Fish breathe oxygen (iii) which is dissolved in water.
 d. Solids (iv) have fixed shape and volume.

6. Answer the following questions :

- Ans.** a. Anything that occupies space and has mass (weight), is called matter. Stone, book, water, oxygen and even steam is made up of matter.
- b. matter exists in three different states— solid, liquid and gas. Ice occupies space and has mass. It is made up of matter. It is the solid state of water. Water is matter in liquid state. It also occupies space and has mass. After heating, the water changes into water vapour. Water vapour is the gaseous state of matter. The gaseous state of matter also occupies space and has mass. So, water exists in three states; ice in the solid state, water in the liquid state and water vapour in the gaseous state.
- c. We can recognize matter and materials by touch, by their colour or by their smell. Features like touch, colour and smell which help us to recognize matter, are called the properties of matter. We can study properties of matter by touching, looking, smelling, hammering, heating and mixing them.
- d. Take some water in a glass and mark its level. Now stir a teaspoon full of sugar in the water. Notice what happen. The sugar slowly dissolves in water. Check the level of water now. It remains the same even after the sugar has dissolved in it. Why did this happen? What happened to the sugar? In a liquid, the molecules are loosely packed. They have spaces between them. The sugar molecules fit in these empty spaces. So, there is no increase in the volume of water. This solution now tastes sweet. The sweet water is a solution of sugar in water. The sugar is called the solute. The water dissolves the solute and it is called the solvent.

Section 3 : Formative Assessment (CCE Pattern)

Project

Ans.

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



Exercise

Section 1 : Formative Assessment (CCE Pattern)

1. Oral Questions :

- Ans.** a. 1. Temperature 2. Wind 3. Humidity in the air 4. Greater surface are the four condition that favour evaporation.
 b. Our life is greatly affected by the seasons. We wear clothes and eat food according to the seasons. We go to cold places in summer season and stay indoors during the winter seasons.
 c. The cycle of evaporation, condensation and precipitation goes on continuously. It is called the water cycle.

2. Tick (3) the correct answer :

- Ans.** a. (iii) b. (iv) c. (i) d. (i)

3. Name these :

- Ans.** a. Process in which water changes into water vapour on heating.
Evaporation
 b. Process in which water vapour changes into water on cooling.
condensation
 c. When it is very cold the dew or surface water freezes into tiny white crystals.
Frost

Section 2 : Summative Assessment (CCE Pattern)

4. Fill in the blanks :

- Ans.** a. Frost and hailstones are harmful to our **crops**.
 b. **Evaporation** takes place all the time.
 c. Land gets heated **faster** than water.
 d. **Land** breeze blows at night while **sea** breeze blows during the day.
 e. **Snow** are particles of ice in the form of balls.

5. Write 'T' for true and 'F' for false :

- Ans.** a. True b. True c. True d. True e. False
 f. True g. False h. True

6. Answer the following questions :

- Ans.** a. The changes in weather is mainly cause by the sun. The surface of the earth gets uneven heat from the sun; due to this some areas get more heat and some get to less heat. The areas which receives more heat experience hot weather and the areas which receive less heat experience cold weather.
 That is why morning and evening are cooler than afternoon.
 b. The blowing of wind or the formation of clouds is due to the heat of the sun. When the sun shines overhead, sunlight falls directly on the earth. So, it becomes very hot in the noon time. But in the morning and evening, the rays of the sun fall slanting. So the earth does not get heated up that much as in the noon time.
 That is why morning and evening are cooler than afternoon.



- c. As the sun sets, land and sea surfaces start cooling. Land cools faster than water. The rapidly cooling land develops as higher air pressure over it than that over the sea. So, the air begins to blow from a high pressure area to a low pressure area that is from the land to the sea.
- d. We know that land heat up faster then the adjoining sea waters. In the coastal areas during the day the warm air on the land rises up and the cold air above the sea move towards the land to take up its place. That is how the sea breeze occurs.

Section 3 : Formative Assessment (CCE Pattern)

Project

Ans. Do yourself



Formative Assessment-III (CCE Pattern)

Max Marks : 20

1. Oral Questions :

- Ans.
- a. Bacteria, virus, protozoans.
 - b. Each of the two sets of human teeth have sixteen teeth.
 - c. Accidents can easily be prevented by following simple rules of safety at homes, schools and public places.
 - d. Seasons affect our lives. In summer, we arrange to keep our body cool while in winter, we arrange to keep our body warm.
 - e. 1. Temperature 2. Humidity

2. Tick (3) the correct answer :

- Ans. a. (iii) b. (i) c. (ii) d. (ii)

3. Name these :

- Ans.
- a. A liquid in which sugar dissolves. **solvent**
 - b. A uniform mixture of a solute and solvent. **solution**
 - c. Process in which water changes into water vapour on heating. **Evaporation**

4. Identify the picture and write their names :

Ans.



Microbes



Water cycle



Condensation



11

Force, Work and Energy

Unit-X :
Work And Machines

Exercise

Section 1 : Formative Assessment (CCE Pattern)

1. Oral Questions :

- Ans.
- a. Heat energy
 - b. Electric energy used to run fans, cooler and televisions.



6. Answer the following questions :

- Ans.**
- a. When we breathe in polluted air, harmful substances enter our body. This affects our lungs and respiratory system. It causes cough, cold and other breathing problems.
 - b. When poisonous chemicals from factories are thrown into the river and other water resources. They contain disease-carrying germs and poisonous chemicals. Drinking this dirty water can cause diseases. Aquatic animals and plants are also affected by these chemicals. Eating fish living in polluted waters, can make us also sick.
 - c. The process of making water, air and land around us dirty and impure, is called pollution.
 - d. Smoke given out from power plants, oil refineries etc. contain many harmful gases. When these go up, they mix with the clouds and form harmful substances called acids. When it rains, they fall as acid rain.

Section 3 : Formative Assessment (CCE Pattern)

Activity

Ans. Do yourself



Formative Assessment-IV (CCE Pattern)

Max Marks : 20

1. Oral Questions :

- Ans.**
- a. Electric energy used to run fans, cooler, televisions.
 - b. Simple machine and complex machine.
 - c. Seasons are caused due to the revolution of the earth around the sun.
 - d. Any natural object that revolves around a planet, is known as the satellite (moon) of the planet.
 - e. Waste water from homes should not be allowed to enter wells and other sources of drinking water.

2. Tick (3) the correct answer :

- Ans.** a. (ii) b. (i) c. (ii) d. (ii)

3. Ring the odd one :

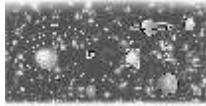
- Ans.**
- | | | |
|------------------|----------------|--------|
| a. Factories, | Plants, | Smoke |
| b. Table, | Animal, | Plants |
| c. River, | Well, | Sea |

4. Identify the picture and write their names :

Ans.



Earth



Solar System



Wind mill



Summative Assessment-II (CCE Pattern)

Max Marks : 40

1. Fill in the blanks :

- Ans.** a. A hole in the tooth is called a **Cavity**.



