

## Exercise

### Formative Assessment (CCE Pattern)

#### A. Answer the following questions orally :

- Ans.**
1. Seeds need oxygen, moisture, temperature and light for germination.
  2. The process by which a seed is formed is called fertilisation. After fertilisation, the flower dries up and a fruit is formed.
  3. If seeds are not dispersed, they will grow very close together and the seeds might compete with each other for light, space, water and nutrients!

#### B. Name these :

- Ans.**
1. Seed coat
  2. Pollen grains

### Summative Assessment (CCE Pattern)

#### A. Answer the following questions :

- Ans.**
1. When pollen grains from Anther (male reproductive part) are transferred to stigma (female reproductive part), the fertilisation takes place.
  2. The growth of a baby plant from a seed is called germination.
  3. Seeds can be dispersed by wind, water, explosion, or animals.
  4. Besides seed reproduction, the plants can reproduce by asexual means such as by budding, spore formation, roots, bulbs, stems and leaves.

#### B. Fill in the blanks :

- Ans.**
1. Seeds of a plant can be found inside the **fruit**.
  2. **Seedling** is the baby plant.
  3. Seeds can be dispersed by wind, water, **explosion** or animals.
  4. A **fleshy** pulp protects the seeds which grow inside the fruit.
  5. The process by which a seed is formed is called **fertilisation**.

### Formative Assessment (CCE Pattern)

Do it yourself

## Exercise

### Formative Assessment (CCE Pattern)

**A. Answer the following questions orally :**

- Ans.**
1. Forest are helpful to us. They provide us oxygen, timber, fruits, vegetables, raw materials for different industries. Some plants are used for making medicines.
  2. Huts, Baskets, Thatches and brooms are four things made out of bamboo.
  3. Mint, tulsi and neem are three plants that have medicinal value.
  4. Mahogany, teak and neem are trees that are used to make furniture.

**B. Circle the odd one out :**

- Ans.**
- |             |         |       |
|-------------|---------|-------|
| 1. Karbi    | Nagas,  | Gonds |
| 2. Bodos    | Badagas | Todas |
| 3. Jarawas, | Bhutias | Onges |

Summative Assessment (CCE Pattern)

**A. Answer the following questions :**

- Ans.**
1. Due to deforestation the natural habitat of the tribal people are being destroyed. They are being forced to evacuate the forest and go to urban areas to earn their livelihood. The tribal people find it difficult to adjust to life in the cities. They have neither modern education nor do they have the technical skills to survive in the towns and cities.
  2. Bo and Banyan are two trees that are worshipped by tribal people.
  3. It is a type of cultivation in which people clear patch of land and cultivate it for two-three years. After that they clear a fresh piece of land fro cultivation.
  4. **Afforestation** : To plant more and more trees is called Afforestation.  
**Deforestation** : To cut the plants on large scale is called deforestation.
  5. The Chipko movement was started as a protest against the destruction of forests in the Terai forests of Garhwal. It was started in 1972 under the leadership of Chandi prasad Bhat and Sundar Lal Bahuguna by the forest people in Tehri district of Uttarakhand. The movement was aimed to save trees from the greedy forest contractors. The local forest dwellers hugged the trees and successfully prevented the woodcutters from cutting them down.
  6. The van mahotsav is celebrated to increase the area under forest cover. It was intitated in 1950 by K.M. Munshi. who was a noted environmentalist and also the agriculture Minister at that time.

Formative Assessment (CCE Pattern)

Do it yourself

## Exercise

## Formative Assessment (CCE Pattern)

**A. Answer the following questions orally :**

- Ans.**
1. Leaves of the tea plant are plucked to make tea.
  2. China is the largest producer of potato in the world.
  3. Brahma putra valley of Assam and Darjeeling in west-Bengal are two Indian places that are suitable for tea cultivation.
  4. Hill slopes are suitable for tea cultivation because of the warm weather, long sun-shine hours, high humidity and plenty of rainfall.

**B. Name these :**

- Ans.** 1. Potato                                      2. Maize (corn)                                      3. Chinar tree

## Summative Assessment (CCE Pattern)

**A. Answer the following questions :**

- Ans.**
1. There is an interesting story on the origin of tea. it is said that one of the emperors of China who live 5000 years ago, always boiled his drinking water. One day a few leaves fell into the pot of boiling water, giving it a delightful scent and flavour. The Emperor liked the drink so much that he ordered his servants to make the special drink for him regularly. The branches were those of the wild tea plant. Thus, tea was discovered by accident.

2. <b>Flower</b>	<b>Country of Origin</b>
Chrysanthemum	China
Dahlia	Mexico
Gladiolus	South Africa

3. Brahma putra valley of Assam and Darjeeling in west-Bengal are two Indian places that are suitable for tea cultivation.
4. Spices provide flavour for foods that are obtained from the plant, buds, fruits, flowers, roots, seeds, stems of various aromatic plants.

<b>Spice</b>	<b>Indian name</b>
Cloves	Laung
Coriander	Dhania
Cinnamon	Dalchini
Ginger	Adrak

**B. Fill in the blanks :**

- Ans.** 1. India and **Sri Lanka** are the largest tea producing countries in the world.
2. Coffee was probably brought to India by the Muslim pilgrim \_\_\_\_\_.
3. **Wheat** was the first cereal to be domesticated.
4. The apple tree has its origin in **Central Asia**.

Formative Assessment (CCE Pattern)

Do it yourself



## Observing Animals

### Exercise

Formative Assessment (CCE Pattern)

**A. Answer the following questions orally :**

- Ans.** 1. Ants use special nerve cells associated with tiny hairs on their antenna to smell odours.
2. Honeybees have a unique way of communicating. Worker bees perform a waggle dance to guide other workers towards a source of nectar. The entire dance pattern is a figure-eight. Odour cues also transmit important information to members of the honeybee colony.
3. Ants are insects whereas spiders are not.

**B. Name these :**

- Ans.** 1. Snake                                      2. Eagle                                      3. Eagle

Summative Assessment (CCE Pattern)

**A. Answer the following questions :**

- Ans.** 1. **Herbivores** : The animals which eat only plants, fruits or seeds are called herbivores. Giraffe, Cow, Zebra, tortoise and kangaroo are some herbivores.

**Carnivores** : Animals that eat other animals are called carnivores. Fox, cheetah, lion, leopard and jaguar are some carnivores.

**Omnivores** : Animals that both plants and animals are called omnivores. Human being, Bear, raccoon and crow are some omnivores.

2. Some insects have compound eyes. The eyes are called compound

because each one composed of many lens like facets. Each of these facets-of which there are, for example some 25,000 in a single dragonfly eye-receives a separate image. The total effect of the images is composite picture in the insect's brain.

3. Water animals like fish have large eyes, in order to see better in the darkness of the sea. Fish do not have external ears like birds. Almost all fish have a special sense organ called the lateral line system, which enables them to touch objects at a distance. While birds like Eagles can spot a rabbit from as far as a mile away. They can dive at 100 miles per hour.

**B. Fill in the blanks :**

- Ans.**
1. Honeybees perform **waggle** dance.
  2. Snakes have a **forked** tongue.
  3. Cats have a **sharp** eyesight.

Formative Assessment (CCE Pattern)

Do it yourself



## Protecting Animals

### Exercise

Formative Assessment (CCE Pattern)

**A. Answer the following questions orally :**

- Ans.**
1. Domestic animals give us milk, eggs, chicken, and wool.
  2. It is easier for the madaris to catch the baby monkeys. At times the mothers are seriously wounded or killed in order to snatch away the babies. Steel iron jaw traps are used to catch bears. As a result the animals undergo unbearable pain.
  3. Madaris, Snake charmers, Mahuts, Gujjars etc. are the people who use animals for their livelihood.

**B. Name these :**

- Ans.**
1. Bees wax
  2. Wool

Summative Assessment (CCE Pattern)

**A. Answer the following questions :**

- Ans.**
1. Animals provide us with many things that we use in our everyday lives. Animals products are either produced by animals, or obtained

from the body of an animal. We get milk from cows, goats, sheep, and yaks. Many dairy products are further obtained from milk. Hens and ducks give us eggs. Poultry or domesticated birds are kept for the purpose of collecting eggs. We eat meat and fish too. Honey is collected from beehives.

2. The illegal hunting and killing of animals is called poaching.
3. The tiger is slowly dying out because the animals they hunted for food are becoming scarce. Tigers mainly eat animals such as the sambar, barasingha, cheetal, wild boar, and the young gaur. As a result, tigers face a shortage of food. So, they visit villages near the jungles to kill cattle and even humans. In villages, they are getting killed by humans. The hunting of tigers (both for sport, and for their skin, bones, whiskers) and the destruction of their habitats has caused the tiger to become an endangered species.

**B. Tick (3) for true and cross (7) for false statements :**

Ans. 1. 3    2. 3    3. 7

Formative Assessment (CCE Pattern)

Do it yourself

**Formative Assessment-1**

**A. Tick (3) the correct option :**

Ans. 1. c.    2. b.    3. c.  
4. b.    5. b.

**B. Circle the odd one :**

Ans. 1. Jarawas,    Bhutias,    Onges  
2. Bodos,    Badagas,    Todas

**C. Name these :**

Ans. 1. Potato    2. Snake    3. Bees was

**D. Choose the correct option :**

- Ans. 1. The growth of baby plant from a seed is called (germination/reproduction)
2. Jarawas are the inhabitants of (Chhatisgarh/Andaman and Nicobar Islands).
3. The tomato plant is native to (south/North) America.
4. (Omnivores/Carnivores) are called secondary consumers.
5. Lascaux is a group of (caves/houses) in southwestern France.

**E. Answer the following questions :**

- Ans.**
1. Seeds need oxygen, moisture, temperature and light for germination.
  2. Forest are helpful to us. They provide us oxygen, timber, fruits, vegetables, raw materials for different industries. Some plants are used for making medicines.
  3. Hill slopes are suitable for tea cultivation because of the warm weather, long sun-shine hours, high humidity and plenty of rainfall.
  4. Honeybees have a unique way of communicating. Worker bees perform a waggle dance to guide other workers towards a source of nectar. The entire dance pattern is a figure-eight. Odour cues also transmit important information to members of the honeybee colony.
  5. It is easier for the madaris to catch the baby monkeys. At times the mothers are seriously wounded or killed in order to snatch away the babies. Steel iron jaw traps are used to catch bears. As a result the animals undergo unbearable pain.



Exercise

Formative Assessment (CCE Pattern)

**A. Answer the following questions orally :**

- Ans.**
1. People shift from place to place to earn their livelihood and better living conditions.
  2. In a nuclear family people have to share everything with a less number of people. On the other hand, a child growing up in a joint family can enjoy the company of his cousins, uncles, aunts and grandparents.
  3. Sometimes when there is a war, people escape from their own country to look for a safer shelter. Sometimes, they are forced to leave their own country. Such people are called refugees.

Summative Assessment (CCE Pattern)

**A. Fill in the blanks :**

- Ans.**
1. A diagrams showing the name so of family members is known as a **family tree**.
  2. People who move out of a country to live elsewhere are called **emigrants**.
  3. **Refugees** seek shelter in other countries.

4. Our maternal grandmother's father is our **maternal great-grandfather**.

**B. Tick (3) for true and cross (7) for false statements :**

**Ans.** 1. 3                                      2. 3                                      3. 7

**C. Answer the following questions :**

- Ans.** 1. People who move out of their native country to live in another country are called emigrants.  
2. People who move into a particular country to live there are called immigrants.  
3. A family with grand parents, parents, uncle-aunt, cousin and niece are known as joint families.

Formative Assessment (CCE Pattern)

Do it yourself



## Our Differently-abled Friends

### Exercise

Formative Assessment (CCE Pattern)

**A. Answer the following questions orally :**

- Ans.** 1. Anne Sullivan was appointed as Helen Keller's instructor.  
2. Providing the physically-challenged people with artificial limbs, wheel chairs, canes, braille material, hearing aids, etc.

**B. Name these :**

- Ans.** 1. Wheel-chair.  
2. Braille System

Summative Assessment (CCE Pattern)

**A. Fill in the blanks :**

- Ans.** 1. The Brailled script was invented by **Louis Braille**.  
2. Helen Keller was born on **June 27, 1880**.  
3. Deaf and dumb people can learn to speak through the **sign** language..

**B. Answer the following questions :**

- Ans.** 1. Helen Keller was a physically-challenged girl. She was born on June 27, 1880. She became the first deaf-blind person in the world to graduate from college.  
2. Paralympics are Olympics held for the physically-challenged.



3. Hard of hearing People use hearing aids. It helps them to listen the sound properly by amplifying the sound waves.

### Formative Assessment (CCE Pattern)

Do it yourself



## Recreation

### Exercise

#### Formative Assessment (CCE Pattern)

**A. Answer the following questions orally :**

- Ans.**
1. Do yourself
  2. Reading improves our language and also helps us to know about the world.

**B. Circle the odd one out :**

- Ans.**
- |              |       |            |
|--------------|-------|------------|
| 1. Fair,     | Ludo, | picnic     |
| 2. Football, | fair, | television |

#### Summative Assessment (CCE Pattern)

**A. Answer the following questions :**

- Ans.**
1. Recreation is refreshing or entertaining oneself after work.
  2. Do yourself.
  3. Playing games keeps our bodies and minds healthy and fresh.
  4. Having a hobby give us joy and satisfaction because it helps us to recognize the progress and feel good about ourselves.

**B. Fill in the blanks :**

- Ans.**
1. **Recreation** relaxes our body and mind.
  2. Young children are naturally **more** active.
  3. In various localities we have weekly **markets** called haats.
  4. In villages people wait for fairs called **mellas**.

**C. Tick (3) for true and cross (7) for false statements :**

- Ans.**
- |      |      |      |
|------|------|------|
| 1. 3 | 2. 7 | 3. 3 |
| 4. 7 | 5. 7 |      |

#### Formative Assessment (CCE Pattern)

Do it yourself

## Exercise

### Formative Assessment (CCE Pattern)

#### A. Answer the following questions orally :

- Ans.**
1. From the stomach, the food mix goes to the small intestine. Here essential substances from the called nutrients, are absorbed into the blood.
  2. The excretory system helps us to throw out the waste from our body. The kidneys, skin, and the lungs are all parts of excretory system.
  3. When the windpipe gets choked, people suffer from asthma and other breathing disorders they use an inhaler, which releases a drug that widens the air passages, making breathing easier.

#### B. Name these :

- Ans.**
1. The Respiratory system
  2. The excretory system.

### Summative Assessment (CCE Pattern)

#### A. Answer the following questions :

- Ans.**
1. The digestive system, the respiratory system circulatory system, nervous system and excretory system.
  2. In the stomach, the food articles are churned well and mixed with gastric juices. The walls of the stomach produce an acid that helps in digestion.
  3. Each side of heart has two chambers separated by a one-way valve. The upper chamber is called the atrium where blood accumulates. The lower part is the main pumping chamber called the ventricle.
  4. Veins carry impure blood from different parts of the body back to the heart. They are, therefore, represented in blue. Arteries carry pure blood to different parts of the body from the heart.
  5. There are two kidneys in our body. Each consists of tiny filters called nephrons, which filter the waste out of the blood.

#### B. Write the names of the organ system the following parts of our body belong to :

- Ans.**
- |                       |                       |
|-----------------------|-----------------------|
| 1. Circulatory system | 4. Respiratory system |
| 2. Circulatory system | 5. Nervous system     |
| 3. Digestive system   | 6. Digestive system   |

## Formative Assessment (CCE Pattern)

Do it yourself



## Common Diseases and Their Prevention

### Exercise

#### Formative Assessment (CCE Pattern)

##### A. Answer the following questions orally :

- Ans.**
1. Malaria is a disease caused by a protozoan carried by the female Anopheles mosquito. A person suffers from malaria when he is bitten by this mosquito.
  2.
    - i. We should not allow water to stay.
    - ii. We should keep our surroundings clean.
  3. Cholera, Tuberculosis and Typhoid are three diseases caused by bacteria.
  4. Measles, common cold and chicken pox are three diseases caused by virus.

##### B. Name these :

- Ans.**
- |                 |                |
|-----------------|----------------|
| 1. Tuberculosis | cholera        |
| 2. Common cold  | Measles        |
| 3. Asthma       | Pneumonia      |
| 4. Influenza    | Whooping cough |

#### Summative Assessment (CCE Pattern)

##### A. Answer the following questions :

- Ans.**
1. There are certain diseases that are infectious i.e. they are passed from person to person. They are called communicable diseases and are caused by small living organisms called germs. The organisms that cause communicable diseases can spread through air, food and water, touch, insects or animals.
  2. Microorganisms that cause diseases are known as germs. Bacteria, viruses and protozoa are three kinds of germs.
  3. Some airborne diseases are non-communicable such as Allergies, Asthma and Asbestosis or silicosis.
  4. There are some ways to prevent it \_\_\_\_\_  
Kill germs and stop them from breeding by using antiseptics and

disinfectants. Sunlight and fresh air also destroy germs. Germs in water can be killed by boiling it. Chlorine can also kill germs.

Keep your surroundings clean.

Get yourself regularly vaccinated to prevent certain diseases.

Wash your hands before eating.

**B. Fill in the blanks :**

- Ans.** 1. Communicable diseases are **infectious** because they can be passed on from one person to another.  
2. Infectious diseases are spread through **air** and **water**.  
3. Ashtma is a **non-communicable** diseases.

**C. Tick (3) for true and cross (7) for false statements :**

- Ans.** 1. 7                      2. 3                      3. 7                      4. 3

**D. Match the following :**

<b>Ans.</b>	<b>Disease</b>	<b>Caused by</b>
1.	Tuberculosis	i. Bacteria
2.	Asthma	ii. Dust
3.	Allergies	iii. Allergic reaction
4.	Malaria	iv. protozoa
5.	Polio	v. Virus

Formative Assessment (CCE Pattern)

Do it yourself

**Formative Assessment-2**

**A. Tick (3) the correct option :**

- Ans.** 1. c.                      2. a.                      3. b.  
4. c.                      5. c.

**B. Circle the odd one out :**

- Ans.** 1. Fair                      ludo,                      picnic  
2. Football,                      fair,                      television

**C. Name these :**

- Ans.** 1. Ground father.                      2. Braille system  
3. Digestive System

**D. Cancel the wrong word :**

- Ans.** 1. Our mother's parents are our (**paternal**/maternal) grandparents.  
2. Helen Keller's teacher was (Anne Sullivan/**Alfre Noble**).  
3. Refreshing or entertaining oneself after work is called

(**learning**/recreation).

4. The lungs help in (respiration/**digestion**).
5. Measles is a (contagious/**non-contagious**) disease.

**E. Answer the following questions :**

- Ans.**
1. People shift from place to place in search of job and better living.
  2. Anne was Helen Keller's instructor?
  3. When the windpipe gets choked, people suffer from asthma and other breathing disorders they use an inhaler, which releases a drug that widens the air passages, making breathing easier.
  4. Malaria is a disease caused by a protozoan carried by the female Anopheles mosquito. A person suffers from malaria when he is bitten by this mosquito.
  5. From the stomach, the food mix goes to the small intestine. Here essential substances from the called nutrients, are absorbed into the blood.

**Summative Assessment-1**

**A. Fill in the blanks :**

- Ans.**
1. Seed of a plant can be found inside the **fruit**.
  2. India and **Sri Lanka** are the largest tea producing countries in the world.
  3. Honeybees perform **Waggle** dance.
  4. The Braille Script was invented by **Louis Braille**.
  5. **Recreation** relaxes our body and mind.

**B. Tick (3) for true and cross (7) for false statements :**

- Ans.**
- |      |      |      |
|------|------|------|
| 1. 3 | 2. 7 | 3. 3 |
| 4. 3 | 5. 3 |      |

**C. Match the following :**

- | <b>Ans. Disease</b> | <b>Caused by</b>       |
|---------------------|------------------------|
| 1. Tuberculosis     | i. Bacteria            |
| 2. Asthma           | ii. Dust               |
| 3. Allergies        | iii. Allergic reaction |
| 4. Malaria          | iv. protozoa           |
| 5. Polio            | v. Virus               |

**D. Write short notes on the following :**

- Ans.**
1. **Reproduction** : All living things produce their ones and the process is called reproduction.

2. **Tribals** : The adivasis or tribals are descendants of the original inhabitants in India. The word adivasi is derived from the Sanskrit language and means “first dweller”. These original inhabitants have a dark skin. They live in the hills in the interior part of the country.
3. **Cereals** : Cereals are the seed crops and form the staple diet of the country.
4. **Primary consumers** : Some animals eat only plants, fruits, or seeds. They are herbivores. They are also called primary consumers.
5. **Poaching** : The illegal hunting and killing of animals is called poaching.
6. **Sign language** : People who cannot speak, cannot hear either the main problem they face is that of communication. So they are taught how to communicate through sign language by using movements of eyes, hands, face, etc. This helps them to gain knowledge about their environment and to share their ideas with others.
7. **Recreation** : Recreation is refreshing or entertaining oneself after work.
8. **The Nervous System** : The brain thinks for the entire body. It sends signals to different parts of the body through a network of nerves. The brain, spinal cord and the vast network of nerves form the nervous system.
9. **Migration** : The movement of people from one place to another is known as migration. People move from place to place not only if they have transferable jobs. There are many different reason for migration.
10. **Communicable disease** : There are certain diseases that are infectious i.e. they are passed from person to person. They are called communicable diseases and are caused by small living organisms called germs.

E. Answer the following questions :

1. When pollen grains from Anther (male reproductive part) are transferred to stigma (female reproductive part), the fertilisation takes place.
2. The van mahotsav is celebrated to increase the area under forest cover. It was intitated in 1950 by K.M. Munshi. who was a noted environmentalist and also the agriculture Minister at that time.
3. If there were only herbivores and no carnivores the food chain will be disturbed. The number of herbivores will increased and the Flora will finish soon.
4. Animals provide us with many things that we use an our everyday lives. Animals products are either produced by animals, or obtained from the



- Whenever an accident happens, the injured person must be given an immediate medical aid before he is taken to the hospital, this is called first aid.
- In case of minor burns, rub ice over the burnt portion. Then apply Burnol or a similar ointment. However, in case of severe burns rush the victim to the hospital.
- To stop a nose bleed, first make the victim sit with the head tilted slightly forward. Put plenty of water over his or her head and ask them to pinch the entire soft portion of the nose. Ask the patient to breathe through the mouth instead of the nose. Apply an ice pack or wet cloth to the nose of the patient.

**B. Fill in the blanks :**

- Ans.**
- When a person swallows **poison** we should try to induce vomiting.
  - Apply an **anti-septic** cream after cleaning a wound.
  - Cover a bigger wound with **cotton-gauze** and bandage it properly.
  - Pour **water** over the head of a person whose nose is bleeding.

Formative Assessment (CCE Pattern)

Do it yourself



The Food We Eat

Unit-4 :  
Our Needs

Exercise

Formative Assessment (CCE Pattern)

**A. Answer the following questions orally :**

- Ans.**
- Both raw and cooked food can get spoilt if kept for a long time without being preserved. This happens because of the growth of some very tiny living beings called micro-organisms or microbes.
  - We can prevent food from getting spoilt by following methods:  
Safe handling and storage of food is very important for preventing it from getting spoilt. We should not touch the food items with dirty hands or spoons. We should keep the food in clean and covered (preferably airtight) containers. Airtight containers do not allow any moisture, air, dust and germs to get into the food. So the food does not get spoilt.  
Some foods such as milk and milk products; fresh fruits and vegetables; meat; eggs and fish get spoilt easily. These are, therefore,



called perishable foods. We should store all perishable food items in the refrigerator and eat them as soon as possible.

We should always boil the milk obtained directly from buffalos/cows before consuming or putting it away in the refrigerator. Boiling kills most of the microbes present in the milk. Pasteurised packaged milk can be used without boiling but we should preferably boil it before use.

3. While travelling, we should pack our food in hygienic packing (cleanwrap or containers) and keep it at a place where it can stay cool.
4. The farmer produces the food for us?

**B. Circle the odd one out :**

- Ans.** 1. Wheat, Meat, Rice  
2. Pulses, Rice, Eggs

Summative Assessment (CCE Pattern)

**A. Fill in the blanks :**

- Ans.** 1. Excessive growth of **microbes** leads to the spoilage of our food.  
2. Consuming **spoilt** food can cause food poisoning.  
3. Cereals and **spices** are non-perishable foods.  
4. We should always boil **milk** before drinking it.  
5. Useful animals that farmers rear are called **live stock**.

**B. Answer the following questions :**

- Ans.** 1. Consuming spoilt food can make us ill. It can also lead to a serious condition called food poisoning.  
2. Some foods such as milk and milk products; fresh fruits and vegetables; meat; eggs and fish get spoilt easily. These are, therefore, called perishable foods. We should store all perishable food items in the refrigerator and eat them as soon as possible.  
3. We must remember that there are millions of people across the world who do not get enough food to eat. Think, if we do not waste food; it could help to feed these people. Then, these hungry millions need not go to sleep on hungry stomachs.  
4. The small farmers grow merely enough food to feed their families. Such farmers are also known as the subsistence farmers.  
5. Modern agriculture techniques being adopted by modern farmers are :  
Introduction of high yielding variety seeds.  
Development of better irrigation facilities.  
Lending farmers money on very easy terms to buy good seeds, farm machinery (such as tractors, harvesters, threshers, etc.)

Providing electricity to the farmers at subsidized rates.

6. The people who work in the field and grow crops are called farmers. The farmer produces food for us. They play a very important role in every body's life because our food needs depend on farmers.

**C. Tick (✓) for true and cross (✗) for false statements :**

**Ans.** 1. ✓                      2. ✗                      3. ✓                      4. ✗

Formative Assessment (CCE Pattern)

Do it yourself

Chapter

13

## ★ Food and Nutrition

### Exercise

Formative Assessment (CCE Pattern)

**A. Answer the following questions orally :**

- Ans.** 1. Our food contains five main nutrients namely carbohydrates, fats, proteins, vitamins and minerals. It also contains roughage and water.
2. A balanced diet is a diet that contains sufficient amount of different components of food like carbohydrates, fats, protein, vitamin, minerals etc.
3. The diseases caused by the deficiency of minerals are called mineral deficiency diseases. Goitre, Anaemia are some mineral deficiency diseases.

**B. Circle the odd one out :**

- Ans.** 1. Marasmus,                      Night blindness,                      Rice  
2. Beriberi,                      Scurvy,                      Goitre

Summative Assessment (CCE Pattern)

**A. Answer the following questions :**

- Ans.** 1. The materials in the food which help us to remain healthy are known as nutrients.
2. Marasmus occurs due to severe deficiency of energy and proteins in the diet. Many children in our country, especially those from poor families, suffer from Marasmus. Such children get tired very easily because of lack of energy and their skin gets cracked and patchy.
3. The process of breaking down and absorbing food in the body is called Digestion.

The breaking down of food is broken down into the simplest form, it is absorbed into our bloodstream through the walls of the small intestine. The blood, then, circulates the absorbed food or nutrients throughout the body taking them to all our body parts, helping all our body parts to get energy and keep working for us.

4. A deer eats grass and in turn is eaten by a tiger. Had there been no grass, there would have been no deer. Then the tiger, would have nothing to eat. So, indirectly, the tiger also depends on grass (a plant) for its food.

This sequential relationship where one living eats another living thing and in turn is eaten by some other living thing is called a food chain.

**B. Fill in the blanks :**

- Ans.**
1. Vegetables and fruits are considered as **protective** foods.
  2. Pulses are rich in **proteins**.
  3. Ghee and butter have **fats** that provides energy.

**C. Tick (3) for true and cross (7) for false statements :**

- Ans.** 1. 3                      2. 3                      3. 7                      4. 7

Formative Assessment (CCE Pattern)

Do it yourself



## Shelters-Our Houses

### Exercise

Formative Assessment (CCE Pattern)

**A. Answer the following questions orally :**

- Ans.**
1. The houses in hilly areas, where it snows or rains frequently, have sloping roofs. This allows the excess snow and rain water to trickle down easily.
  2. Living close together in groups gave pre-historic men greater security. It gave them a better chance to defend themselves against predating animals. When working together in groups, they could hunt down bigger animals and, thus, have more food to eat. They could also share their feelings, emotions and experiences with each other.
  3. Many places in coastal and flood-prone areas get floods almost every year. People in such places live in houses made on Stilts. Stilts are like legs that make houses stand 4-5 feet above the ground. Hence, flood

water cannot enter these houses.

**B. Circle the odd one out :**

**Ans.** 1. Meerkats 2. Ccylones

Summative Assessment (CCE Pattern)

**A. Answer the following questions :**

- Ans.**
1. The government has started many schemes to proved shelter to the homeless. Such as Indira aawas yaujana, Kashiram aawas yajana and Rain basera etc.
  2. Floods and Earthquakes are two natural disasters. The violent shaking of the Earth is called an earthquake. Earthquakes, sometimes every for a few seconds, can cause the houses, buildings, dams, and other structures to crumble and collapse forcing a large number of people to become homeless. A large number of people may get trapped under the debris, sustain injuries or may even die.
  3. Floods occurs due to heavy rainfall within a short period of time. Excessive rainfall causes the rivers to swell up. The river water overflows into the neighbouring areas, drowning the houses, people, cattle etc.
  4. The Red cross society and The United diasaster management term are two organisations that help in managing disasters.

**B. Fill in the blanks :**

- Ans.**
1. In hilly areas, houses generally have sloping **roofs**.
  2. In the past, many houses in the Northern plains of our country were made of **kachcha mud house**.
  3. The **Igloo** are the houses made of snow.
  4. People who live around our houses are our **neighbours**.

**C. Tick (3) for true and cross (7) for false statements :**

**Ans.** 1. 7 2. 7 3. 3 4. 3

Formative Assessment (CCE Pattern)

Do it yourself



## The Clothes We Wear

### Exercise

Formative Assessment (CCE Pattern)

**A. Answer the following questions orally :**

- Ans.** 1. Weavers weave on wooden looms by had even today. Cloth woven on such looms is called handloom cloth. Looms with a small motor attached to it is called a power loom.
2. We dye clothes to make them coloured. Today we use different colored clothes. These clothes are dyed to be colored.
3. Silk is obtained from the cocoon of the silkworm. The cocoon is the soft shell the larva of the silkworm spins around itself. It is made from the saliva of the larva. To make silk, the larva is removed from the cocoon is unwound and spun into silk yarn. This is either dyed before weaving or woven in its natural color.

**B. Circle the odd one out :**

- Ans.** 1. Silk, cotton, wool  
2. Rayon, Nylon Polyester  
3. Saree, Kameez-salwar, curtain.

Summative Assessment (CCE Pattern)

**A. Answer the following questions :**

- Ans.** 1. The fibre obtained from animals and plants are known as natural fibre. cotton, wool, silk are natural fibre. Man-made fibre are synthetic fibre that imitate natural fibre. Nylon, Polyester, Rayon are man-made fibre.
2. Looms with a small motor attached to it is called a powerloom.
3. Cotton, wool, silk and polyester are four kinds of fibres used to make cloth.
4. The different stages a raw material goes through before we wear it as a dress are spinning, weaving, dyeing and printing.

**B. Fill in the blanks :**

- Ans.** 1. The thin filaments of cotton, silk or wool are called **fibre**.
2. **Mahatma Gandhi** made spinning popular in India.
2. Cotton or silk has to be **spun** to make thread.
4. Clothes **protect** our body from heat, cold rain and insect bites.
5. The soft **thread** of the cocoon is spun to make silk.

**C. Match the following :**

- |                      |              |
|----------------------|--------------|
| <b>Ans.</b> 1. Rayon | i. Cellulose |
| 2. Yarn              | ii. Thread   |
| 3. Dye               | iii. Indigo  |
| 4. Loom              | iv. Weaving  |

Formative Assessment (CCE Pattern)

Do it yourself

**Formative Assessment-3**

**A. Tick (3) the correct option :**

- Ans.** 1. b.                                  2. c.                                  3. b.  
4. b.                                  5. b.

**B. Circle the odd one out :**

- Ans.** 1. Wheat                                  meat,                                  rice  
2. Beriberi,                                  scurvy,                                  Goitre

**C. Name these :**

- Ans.** 1. Vitamin D                                  2. Cyclones                                  3. Powerlooms

**D. Choose the correct answer :**

- Ans.** 1. Loss of water in the body is also called **dehydration**/deslination.  
2. Microbes are very big/**small** in size.  
3. Our food contains **five**/six main nutrients.  
4. **Houseboats**/igloos are found in Kashmir.  
5. Linen is obtained from the **flax**/cotton plant.

**E. Answer the following questions :**

- Ans.** 1. Weavers weave on wooden looms by had even today. Cloth woven on such looms is called handloom cloth. Looms with a small motor attached to it is called a power loom.  
2. The houses in hilly areas, where it snows or rains frequently, have sloping roofs. This allows the excess snow and rain water to trickle down easily.  
3. Our food contains five main nutrients namely carbohydrates, fats proteins, vitamins and minerals. It also contains roughage and water.  
4. Both raw and cooked food can get spoilt if kept for a long time without being preserved. This happens because of the growth of some very tiny living beings called micro-organisms or microbes.  
5. First aid is given to prevent the victim's condition from becoming worse save his or her life and speed up the chances of recovery.

Chapter

16

**Water and Its Sources**

**Exercise**

**Formative Assessment (CCE Pattern)**

**A. Answer the following questions orally :**

- Ans.**
1. Plants need more water in summer because plants lose a large amount of water transpiration process during summer.
  2. The departments that work for the supply of water to houses and agricultural at field are called water works dept. Jal Board is a water work department.
  3. The pond water is not fit for drinking because it is impure and contains various type of germs, alger, disease causing micro organisms.

**B. Name :**

- Ans.**
1. Water whee
  2. Aquatic plants

Summative Assessment (CCE Pattern)

**A. Answer the following questions :**

- Ans.**
1. Water treatment plants are used to treat and clean the water to make it fit for drinking.
  2. We get water from a well by drawing. The water is lifted from the well with the help of a pulley.
  3. A stepwell (baoli) is a tank which has steps on all its sides. They occupy key positions in many places of India such as Gujarat and Rajasthan for storage of water. 'Patan' which was the capital of Gujarat earlier has an amazing stepwell called 'Rani Ka Var'.
  4. Different crops need different quantity of water because some plants can absorb more water and utilize it while some are not able to use more water. In some plants excess of water can destroy them.
  5. In most of the areas, wells and tubewells are the major sources of irrigation. Some areas tanks and canals are used for this purpose.

**B. Fill in the blanks :**

- Ans.**
1. The **water works department** treats and cleans the water to make it fit for drinking.
  2. The water is lifted from the well with the help of a **wheel (pulley)**.
  3. A tank which has steps to reach the water is called **water-tank**.
  4. **Piaos** are places where water is served free to the thirsty travellers.

**C. Tick (3) for true and cross (7) for false statements :**

- Ans.**
- |      |      |      |
|------|------|------|
| 1. 7 | 2. 3 | 3. 3 |
| 4. 3 | 5. 3 |      |

Formative Assessment (CCE Pattern)

Do it yourself

## Exercise

Formative Assessment (CCE Pattern)

**A. Answer the following questions orally :**

- Ans.** 1. Clean environment is important for us because we take in air from the environment. To survive well, the environment should be clean.
2. Air pollution can cause cancer, tuberculosis, asthma, allergies and skin problems and also harm our eyesight. Carbon dioxide emissions increase the level of carbon dioxide in the air. This has led to global warming.
3. Noise is defined as unwanted sound. It irritates people and produces unnecessary stress.

**B. Name these :**

- Ans.** 1. CNG 2. Noise pollution

Summative Assessment (CCE Pattern)

**A. Answer the following questions :**

- Ans.** 1. The process of damaging the environment is called environment pollution.
2. Air pollution, water pollution, Noise pollution and soil pollution are the different types of pollution.
3. **Air pollution :** Green-house fuses should be used to check air pollution.

**Water pollution :** Water sewage treatment instrument are useful to check water pollution.

**Soil pollution :** We should use less pesticides and insecticides to prevent soil pollution.

**Noise pollution :** Silencelors can be used to check noise pollution.

4. Noise is defined as unwanted sound. It irritates people and produces unnecessary stress. Most noise that we hear originates from vehicles, horns, machines, and high volume sounds from loudspeakers during marriages, religious and public meetings, music performances, etc. Constant high-level noise causes headaches and tires the mind.

**B. Tick (3) for true and cross (7) for false statements :**

- Ans.** 1. 3          2. 3          3. 7          4. 3



**C. Match the following :**

- Ans.**
- |                            |  |
|----------------------------|--|
| 1. Car pools               | i. Instead of private vehicles               |
| 2. Planting more trees     | ii. Reduces carbon dioxide                   |
| 3. Silence zones           | iii. Hospitals and schools                   |
| 4. Effluents               | iv. can be treated at water treatment plants |
| 5. Lead contained in fumes | v. Can stunt growth                          |
| 6. Asthma, allergies       | vi. Diseases caused by pollution             |

Formative Assessment (CCE Pattern)

Do it yourself



## ★ Conservation of Resources

### Exercise

Formative Assessment (CCE Pattern)

**A. Answer the following questions orally :**

- Ans.**
1. It is important to conserve our wildlife and forests to maintain natural diversity and the balance in nature. Plant and animal diversity improves our lives and is also important for scientific research.
  2. The practice of alternating crops with leguminous plants like peas, beans, pulses and groundnuts adds nitrogen to the soil making it richer.
  3. Animals and birds are a very important part of our environment and we should care for them. It is important to conserve our wildlife and forest to maintain natural diversity and the balance in nature. Plant and animal diversity improves our lives and is also important the balance in nature. Plant and animal diversity improves our lives and is important for scientific research. Many useful drugs and substances are derived from them.

**B. Circle the odd one out :**

- Ans.**
- |              |            |         |
|--------------|------------|---------|
| 1. Iron ore, | Aluminium, | Salt    |
| 2. Mica,     | Manganese, | Sulphur |

Summative Assessment (CCE Pattern)

**A. Answer the following questions :**

- Ans.**
1. Natural resources are the Earth's treasures. They are things such as minerals, forests and coal which exist in a place and can be used by

- people. Natural resources include source of energy, air, water, land, soil, minerals, micro organisms, plants and animals.
2. We are using our natural resources at a very fast rate without thinking of the consequence. Rapid increase in population and increased industrialization have been the major reasons for this increased use of resources.
  3. Soil erosion can be checked by the following three actions:  
Afforestation or planting of trees should be carried out as roots of plants bind the soil and prevent soil erosion.  
Levelling, bunding and contour ploughing allow proper drainage and check soil erosion and water logging.  
Terrace farming where wide steps are cut into hillsides to grow crops also check soil erosion.
  4. We can conserve water in the following ways:  
Prevent water wastage by closing taps after use and repairing leaky taps and pipes. Avoid overuse of water while bathing, etc.  
Educate people to reduce water demand.  
Do not throw plastics and polythene bags into a water source or drains.  
Check dams, barrages and reservoirs should be constructed to store excess water during rainy season.
  5. Rainwater Harvesting: It is the deliberate collection of rainwater through man-made structures. The stored water can be directly use or channelled into the groundwater. Step wells, tanks, boalis, etc. are used to store rainwater. Aquifers or rocks that soak up groundwater can be recharged with rainwater seepage. Before water seeps in it is cleaned and desilted through a filter chamber. This chamber is usually a pit layered with boulder, gravel and sand. The water is then allowed to flow to pit or a dug well.

**B.**

- Ans.**
1. Cutting down of trees is called deforestation.
  2. The growing of leguminous crops alternated with others crops is called crop rotation.
  3. Van Mahotsav is celebrated throughout India by planting trees.
  4. Alternatives to avoid the exhaustion of coal and petroleum are solar energy, wind energy and biogas.
  5. Metals, glass and plastic can be recycled and used again.

Formative Assessment (CCE Pattern)

Do it yourself



harvesting (cutting down of crops.) It is done either manually or by machines.

6. **Winnowing** : The seeds are separated from the husk by dropping from a level above the farmer's heads.

**A. Answer the following questions :**

- Ans.**
1. Agriculture is the practice of growing crops on a large scale.
  2. Long ago, human being did not know to grow food. They collected fruits and nuts from trees and killed wild animals for food. Then slowly, they learnt to grow food. They growing of crops came to be known as cultivation.
  3. **Mixed Cropping** : Growing two or more crops at the same time also helps in improving soil fertility.
  4. Manures are known as natural fertilizers. These are organic compounds and obtained from plant residue and animal waste. Whereas Artificial fertilizers are man-made. these fertilizers are prepared in factories. these are nutrient specific.

Formative Assessment (CCE Pattern)

Do it yourself



## The Spirit of Adventure

### Exercise

Formative Assessment (CCE Pattern)

**A. Answer the following questions orally :**

**Ans.** Do yourself

**B. Name the full form of the :**

- Ans.**
1. Nehru Institute of Mountaineering
  2. Himalayan Mountaineering Institute

Summative Assessment (CCE Pattern)

**A. Name any two :**

- Ans.**
- |                       |                |
|-----------------------|----------------|
| 1. Sir Edmund Hillary | Tenzing Norgay |
| 2. Chocks             | Ice-Axe        |
| 3. NIM                | HMI            |

**B. Answer the following questions in brief :**

- Ans.** 1. It is interesting to take up an adventure sport. Besides the thrill and



unnecessary stress.

3. **Conservation of Mineral** : Minerals and mineral fuels should be used judiciously keeping in mind that they will not last long.  
Avoiding wastage during mining by improving technology.  
Wherever possible alternatives should be found. Coal and petroleum should be replaced with alternative sources of energy such as solar, wind, water (tidal) and biogas.
4. Adventures and explorations are our way of overcoming human limitations.
5. Manures and fertilizers are added to the soil for enhancing the fertility of soil.

### Summative Assessment-2

#### A. Fill in the blanks :

- Ans.
1. Apply an **anti-septic**, cream after cleaning a wound.
  2. Pour **water** over the head of person whose nose is bleeding.
  3. Cereals and **pulses** are non-perishable foods.
  4. Pulses are rich in **proteins**.
  5. Deficiency of **vitamin** A causes night blindness.

#### B. Tick (3) for true and cross (7) for false statements :

- Ans.
- |      |      |      |      |
|------|------|------|------|
| 1. 3 | 2. 3 | 3. 7 | 4. 3 |
|------|------|------|------|

#### C. Match the following :

- Ans.
- |                            |   |
|----------------------------|---|
| 1. Car pools               | i. Instead of private vehicles              |
| 2. Planting more trees     | ii. Reduce carbon dioxide                   |
| 3. Silence zones           | iii. Hospitals and schools                  |
| 4. Effluents               | iv. Can be treated at water treatment plant |
| 5. Lead contained in fumes | v. Can stunt growth                         |
| 6. Asthma allergies        | vi. Diseases caused by pollution            |

#### D. Explain the following :

- Ans.
1. **First aid** : Whenever an accident happens, the injured person must be given an immediate medical aid before he is taken to the hospital, this is called first aid.
  2. **Preservation of Food** : Preventing food from getting spoiled is called preservation of food.
  3. **Nutrients** : The materials in the food which help us to remain healthy are known as nutrients.

4. **Temporary houses** : Temporary houses are made of wood, bamboo and other light weighted materials. Kachcha houses, still houses, house boats are some temporary houses.
5. **Man-made fibre** : Fibres that imitate natural fibre are called synthetic (man-made) fibre. Nylon and polyester are fibre made from chemicals. Rayon is a fibre made out of cellulose.
6. **Irrigation** : By irrigation we mean supplying the water to the plants with the help of other means such as rivers, canals, wells tubewells, and handpumps.
7. **Pollution** : The process of damaging the environment is called environment pollution.
8. **Non-renewable resources** : Non-renewable resources are those that get exhausted and cannot be given back to nature such as coal and petroleum.
9. **Communication** : Communication is process of sending or receiving messages. It helps us to express our ideas and be touched with our relatives and friends.
10. **Agricultural Practices** : All the activities which are required for cultivating are called agricultural practices.

**E. Answer the following questions :**

- Ans.**
1. Noise is defined as unwanted sound. It irritates people and produces unnecessary stress. Most noise that we hear originates from vehicles, horns, machines, and high volume sounds from loudspeakers during marriages, religious and public meetings, music performances, etc. Constant high-level noise causes headaches and tires the mind.
  2. Natural resources are the Earth's treasures. They are things such as minerals, forests and coal which exist in a place and can be used by people. Natural resources include source of energy, air, water, land, soil, minerals, micro organisms, plants and animals.
  3. To watch television for long time, it is wastage of time and harmful for eyes.  
Children play video games and surf internet and they ignore their home work.
  4. Floods occurs due to heavy rainfall within a short period of time. Excessive rainfall causes the rivers to swell up. The river water overflows into the neighbouring areas, drowning the houses, people, cattle etc.
  5. The process of breaking down and absorbing food in the body is called Digestion.

The breaking down of food is broken down into the simplest form, it is absorbed into our bloodstream through the walls of the small intestine. The blood, then, circulates the absorbed food or nutrients throughout the body taking them to all our body parts, helping all our body parts to get energy and keep working for us.