

# Assignment - 1

## Ch-1 Food: Where does it come from?

### A. Fill in the blanks:-

1. Beetroot is \_\_\_\_\_ of a plant.
2. Food gives us material needed for \_\_\_\_\_ of damaged tissues of our body.
3. \_\_\_\_\_ animals eat both plants and animals.
4. Human beings get food from \_\_\_\_\_ sources.
5. The edible part of the potato is \_\_\_\_\_.

### B. Write True or False

1. Milk is an animal product.
2. Bees make honey from the nectar of flowers.
3. Fungi present in milk turn it into curd.
4. We eat root of an onion plant.
5. Decomposers are organisms that feed on dead plants and animals.

### C. Write one word for the following:-

1. Food items that can be eaten raw. \_\_\_\_\_
2. Food factories of plant. \_\_\_\_\_
3. Underground stem eaten as food item. \_\_\_\_\_
4. Rich source of starch. \_\_\_\_\_
5. A sweet fluid in flower used by honeybees for making honey. \_\_\_\_\_

### D. Match the following:-

#### A

1. Soyabean oil
2. Potato
3. Flower
4. Egg
5. Herbivore

#### B

- a) grows into fruit
- b) an animal product
- c) a plant product
- d) an animal that eats plants
- e) can grow without seed

### E Multiple Choice Questions:-

1. Example of cereals  
(a) Chickpea and Kidney bean (b) Wheat and rice  
(c) Wheat and Moong bean (d) Kidney bean and rice
2. Plant whose flower and fruit both are eaten  
(a) Sugar beet (b) Ginger (c) Sugarcane (d) Banana
3. Example of dairy products:-  
(a) paneer, cheese, butter, egg (b) cheese, curd, butter, paneer  
(c) curd, egg, milk, honey (d) paneer, cheese, honey, curd
4. Honeybees store honey in  
(a) Nests (b) An apiary (c) A beehive (d) Burrows
5. Which of these is a flower and is eaten as food  
(a) Broccoli (b) Cloves (c) Cauliflower (d) All of these

F.

Identify and write the kind of food eaten by the animals listed below. Classify the animals as a herbivore (H), carnivore (C), omnivore (O) or scavenger (S).

Animals	Food Eaten	H,C,O,S	Animals	Food Eaten	H,C,O,S
Sparrow			Cow		
Lion			Buffalo		
Butterfly			Dog		
Cockroach			Cat		
Lizard			Crow		

### G. Answer the following

1. What is the difference between herbivores, carnivores & omnivores?
2. What is sprouting? Name any two types of seeds which are used for making sprouts in our homes.
3. What is nectar? How is it produced?
4. Name four plants with their edible parts.

## Assignment - 2

### Chapter – 5 Separation of Substances

**Q1. Fill in the blanks:**

- (a) Separation is used to remove \_\_\_\_\_ or \_\_\_\_\_ substances from mixture.
- (b) The process used to separate grain from stalk is \_\_\_\_\_.
- (c) \_\_\_\_\_ is used to separate heavier and lighter components of mixture by wind.
- (d) Process of conversion of water vapours into liquid form is \_\_\_\_\_.
- (e) If a solution cannot dissolve more substances it is said to be \_\_\_\_\_.
- (f) Tea leaves from tea are separated by \_\_\_\_\_.
- (g) When the heavier component of mixture settles after water is added to it, process is called as \_\_\_\_\_.
- (h) Oil and water from their mixture is separated by \_\_\_\_\_.
- (i) Water is an excellent \_\_\_\_\_.
- (j) A mixture of wheat and husk can be separated by \_\_\_\_\_.

**Q2. Give one word answer**

- (a) Process used to separate soluble components from mixture \_\_\_\_\_
- (b) Method used to separate salt from sea water. \_\_\_\_\_
- (c) Process used to separate components of different size from mixture. \_\_\_\_\_

**Q3. Multiple choice questions:**

- 1. Which of the following can dissolve in water.
  - (a) Only solids      (b) Only solids and liquids    (c) Solids, liquids, gases    (d) Only liquids.
- 2. To get only the pure solid from its solution in water, which method will you use.
  - (a) Evaporation      (b) Distillation      (c) Filtration      (d) None of these.
- 3. The property used in separating mixture of two solids by winnowing is
  - (a) Difference in colour      (c) Difference in size
  - (b) Difference in weight      (d) Attraction by magnet
- 4. Most materials which occur in nature are
  - (a) Pure compounds      (b) Pure elements    (c) Mixtures      (d) None of these
- 5. A solid substance is dissolved in water, which of following methods is used for separating it.
  - (a) Distillation      (b) Evaporation    (c) Sieving      (d) decantation
- 6. A mixture of wheat and husk can be separated by
  - (a) Filtration      (b) Decantation    (c) Sieving      (d) Evaporation.
- 7. Water is an excellent
  - (a) Solvent      (b) Solute      (c) Solution      (d) None of these

8. The process of filtration can be used to separate  
(a) Salt and water (b) Sand and stones (c) Sand and water (d) Iron pieces and sand
9. Rajni has been asked by her mother to separate beads of different sizes. The easiest way to do this would be by.  
(a) Sieving (b) Handpicking (c) Magnetic separation (d) any one of these
10. During filtration what we obtain on filter paper.  
(a) Filtrate (b) Muddy water (c) Residue (d) clear water
11. In process of winnowing of wheat grains mixed with tiny bits of paper, which will fall at a greater distance.  
(a) Wheat grain (b) Bits of paper (c) Both (d) None of these
12. What is formed when we dissolve a substance in water.  
(a) Solute (b) Mixture (c) Solution (d) None
13. The process to obtain salt from seawater is  
(a) Filtration (b) Condensation (c) Evaporation (d) Decantation
14. Wheat grains and stone can be separated by.  
(a) Evaporation (b) Filtration (c) Sieving (d) Winnowing.
15. Mixture of salt, water and sand can be separated by using.  
(a) Filtration (b) Sedimentation (c) Evaporation (d) All of above
16. Churning of milk is used to make.  
(a) Cream from milk (b) Yoghurt from milk (c) Butter from milk (d) All of these
17. Threshing is done by  
(a) Machine only (b) Manually (c) By bullocks (d) All of above.

**Q4. Match the following:**

- |   |              |
|---|--------------|
| 1. The process of conversion of water vapour in to its liquid | Decantation  |
| 2. Separating substances of different size and weight.        | Evaporation  |
| 3. Separating insoluble substance in another container        | Condensation |
| 4. Separating soluble substance from its solution             | Sieving      |
| 5. Separating substances of different sizes.                  | Winnowing    |

**Q5. State True or false. If false write correct answer.**

1. A solution having any amount of solute is called saturated solution  
\_\_\_\_\_
2. Pure water can be obtained by both decantation and condensation  
\_\_\_\_\_
3. Winnowing and sieving are similar processes.  
\_\_\_\_\_
4. Solution can be made by dissolving any soluble substance in a liquid.  
\_\_\_\_\_
5. Separation is done to separate useful component from another useful or harmful components .  
\_\_\_\_\_

**Q6. Very short answer type questions.**

1. Which method is used to separate pebbles & stones from sand?
2. Why fruit and vegetable juices are filtered before drinking?

**Q7. Short answer type questions.**

1. Define threshing.
2. What are the different methods of separation?
3. What is saturated solution?
4. Define filtration.
5. Define evaporation.
6. What is the effect of heat on saturated solution?
7. Define condensation.
8. Define sedimentation and decantation.
9. What is the use of handpicking method of separation?
10. What are the different ways by which threshing is done?
11. How will you separate a mixture of sand and salt? Explain.
12. Define sublimation with example.

**Q8. Long answer questions.**

1. How is common salt obtained from sea water?
2. How will you prepare saturated solution of salt in water?
3. Explain the different steps used in winnowing.
4. Write down the steps of using a filter paper.

# Assignment – 3

## Chapter – 2 Components of Food

### I Write the scientific name of the following:

- (a) The substance that turns blue-black with iodine .....
- (b) The substances which are classified as body building Foods.....
- (c) Disease caused due to lack of one or more nutrients in the diet .....
- (d) The substances which have no food value but help our body to get rid of undigested food.....
- (e) Dietary fibres are also known as .....
- (f) Excess intake of fats results in .....
- (g) The process of obtaining food necessary for good health & growth is called .....
- (h) Inflammation/swelling of gland located in neck region results in a disease called.....

### II Give reason for the following:

- (a) A growing child requires a diet rich in proteins.
- (b) It is advised to take iodized salt.
- (c) Fruits and vegetables should be washed before removing their peels.
- (d) Intake of more fats than carbohydrates in diet is not advisable.
- (e) Food rich in vitamin C should not be heated.

### III Identify the deficiency disease by the symptoms given below:-

- (a) Loss of vision in darkness or poor vision.....
- (b) Bones become weak and bent .....
- (c) Bleeding of gums .....
- (d) Person becomes pale, gets tired easily and becomes weak .....

### IV Fill in the blanks:-

- (a) Disease caused due to deficiency of vitamin C is .....
- (b) ..... get deposited in the body of an obese person.
- (c) .....is a rich source of vitamin A.
- (d) ..... gives more energy than carbohydrates.
- (e) ..... are body – building foods.
- (f) Proteins turn solution of Copper Sulphate & Caustic Soda..... in color.

- (g) ..... help in protecting our body against diseases.
- (h) ..... are caused due to lack of nutrients.
- (i) A diet that contains the proper amounts of each nutrient is called a .....
- (j) ..... is necessary for the formation of strong bones and teeth.

## **V Multiple Choice Questions.**

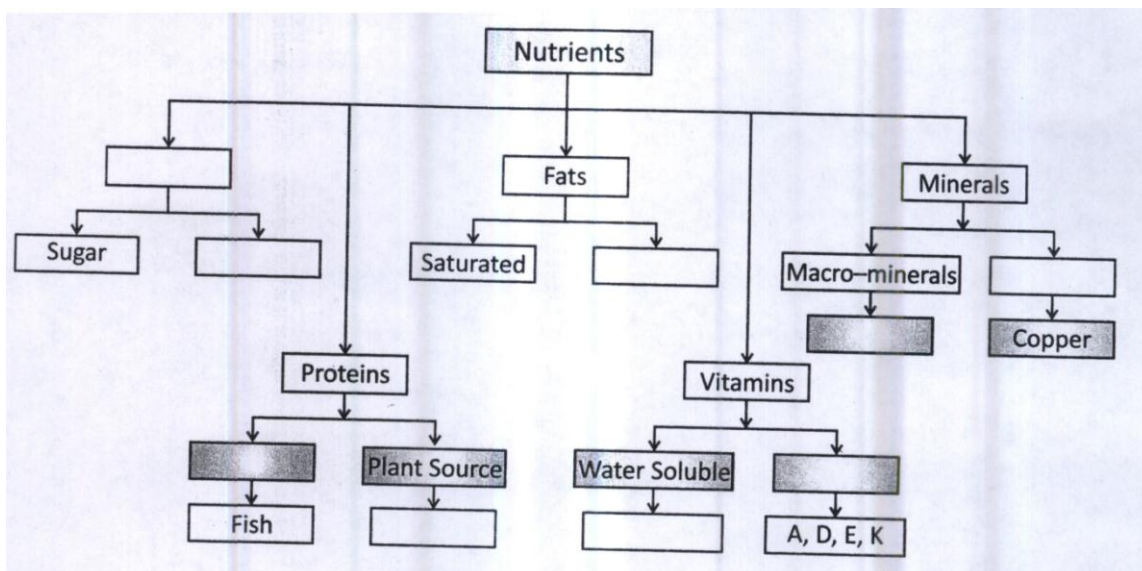
- (a) A nutrient that helps to repair damaged cell in the body is:-
  - (a)Vitamin                                      (b) Fats                                      (c) Mineral                                      (d) Protein
- (b) Iron is a
  - (a)Mineral                                      (b) Fats                                      (c) Vitamin                                      (d)Protein
- (c) Which of these is the quickest source of energy?
  - (a)Sugar                                      (b) Starch                                      (c) Proteins                                      (d) Fats
- (d) An example of a food rich in starch is.
  - (a)Rice                                      (b) Dal                                      (c) Lady – finger                                      (d) Tomato
- (e) Whose deficiency causes Anaemia?
  - (a)Iron                                      (b) Calcium                                      (c) Sodium                                      (d) Potassium
- (f) Protein is called
  - (a)Energy giving food                      (b) Body building food                      (c) Protective food
- (g) Starch is a kind of:
  - (a)Carbohydrate                      (b) Fats                                      (c) Protein                                      (d) Vitamin
- (h) A balanced diet contains:-
  - (a)Proteins, Carbohydrates & fats      (b) Minerals & vitamins                      (c) Roughage & Water
  - (d)All of the above
- (i) Find the one that needs a diet rich in carbohydrates & fats.
  - (a)A doctor                                      (b) An office – clerk                                      (c) A lawyer                                      (d) A player
- (j) The carbohydrate which is not digested by our body:-
  - (a)Sugar                                      (b) Starch                                      (c) Cellulose                                      (d) Both (a) and (b)

## **VI True or False:-**

- (a) Anaemia is caused due to deficiency of iron.
- (b) The fibre content in food is called roughage.
- (c) Vitamins and minerals are protective foods.

- (d) Rickets is a disease of bones.
- (e) Roughage is not an important component of our diet.
- (f) Vitamin D is prepared by our body in the presence of sunlight.
- (g) A balanced diet always contains expensive food material.
- (h) All deficiency diseases can be prevented by taking a balanced diet.
- (i) Deficiency of vitamin C leads to Rickets.
- (j) Minerals are required in small amounts to maintain proper growth of our body.

**VII. Fill in the empty boxes given below:**



**VIII Short Answer Questions:-**

- (a) Define nutrients.
- (b) What are the major nutrients of food?
- (c) How can following solution be prepared?
  - (i) Dilute solution of iodine.
  - (ii) Copper sulphate solution.
  - (iii) Caustic soda solution.
- (d) What are the functions of different nutrients?
- (e) What are the main sources of roughage?



- (f) Name the different kinds of vitamins?
- (g) What is balanced diet?
- (h) What is obesity & its consequences?
- (i) Define deficiency diseases.
- (j) Why roughage is an essential component of food?

OR

What are the main functions of roughage?

- (k) One can eat balanced diet without expensive food materials. Explain.
- (l) Classify the foods on the basis of their action on the body.
- (m) Do all foods contain all the nutrients? Explain.

**IX Long Answer Question:-**

- (a) What is the function of water in our body?
- (b) How wrong cooking habits destroy nutrients in food?
- (c) State the effect of following on the health of a person.
  - 1. Deficiency of carbohydrates.
  - 2. Deficiency of protein.
  - 3. Deficiency of both carbohydrates & protein.
  - 4. Deficiency of different vitamins and minerals.
  - 5. How can you test the presence of following in a food item.
    - (a) Starch
    - (b) Proteins
    - (c) Fats

# Assignment - 4

## Chapter - 3 Fibre to Fabric

### I Fill in the blanks.

1. Cotton grows best in the \_\_\_\_\_ soil of India.
2. Jute grows best in areas that get \_\_\_\_\_ rainfall.
3. \_\_\_\_\_ and \_\_\_\_\_ are two devices used for spinning.
4. A simple process for arranging two sets of yarn to make fabric is called as \_\_\_\_\_
5. \_\_\_\_\_ is a fibre which is natural and obtained from insects.
6. Weaving of fabric is done on \_\_\_\_\_
7. Jute is obtained from \_\_\_\_\_ of jute plant.
8. Fabrics are made from \_\_\_\_\_ which are made up of \_\_\_\_\_.
9. \_\_\_\_\_ and \_\_\_\_\_ are two ways for knitting.
- 10 \_\_\_\_\_ as well as \_\_\_\_\_ were used for making fabrics in ancient Egypt.

### II Give answer in one word only:

1. The process of separating fibres from seeds \_\_\_\_\_
2. Tight bundles into which ginned cotton is compressed \_\_\_\_\_
3. Yarn is made of these thin strands \_\_\_\_\_
4. Fibres made from chemical substances \_\_\_\_\_
5. Fruits of cotton plant \_\_\_\_\_

### III Multiple choice questions:

1. Cotton is obtained from  
(a) Larva of silkworm      (b) Hair of sheep      (c) Bolls of cotton plant (d) Hemp
2. Natural fibres are  
(a) Nylon & Rayon      (b) Rayon      (c) Nylon      (d) None of these
3. Flax is an example of  
(a) Animal      (b) Synthetic fibre      (c) Plant      (d) Fabric
4. Two main processes of making fabrics are.  
(a) Ginning and weaving      (b) Weaving & knitting  
(c) Weaving & spinning      (d) None of these
5. Find odd one out.  
(a) Silk      (b) Jute      (c) Polyester      (d) Wool

6. The right time to cut jute plant is
  - (a) At matured stage
  - (b) Before flowering stage
  - (c) Flowering stage
  - (d) Any time after flowering
7. What materials were used for clothes in ancient times
  - (a) Animal skin
  - (b) Grass
  - (c) Vines
  - (d) All of these
8. Which of these is not a fibre?
  - (a) Leather
  - (b) Cotton
  - (c) Nylon
  - (d) Jute
9. Find the odd one out
  - (a) Ginning
  - (b) Weaving
  - (c) Spinning
  - (d) Retting
10. Which of the following is suitable for summer wear?
  - (a) Nylon
  - (b) Polyester
  - (c) Cotton
  - (d) Silk
11. A spinning device used by Mahatma Gandhi was
  - (a) Takli
  - (b) Handloom
  - (c) Power loom
  - (d) Charkha
12. Silk fibre is obtained from
  - (a) Egg of silk moth
  - (b) Cocoon of silk moth
  - (c) Adult of silk moth
  - (d) None of these
13. Which is the false statement in given options?
  - (a) Jute crops are cultivated in rainy season
  - (b) Jute fibres are obtained from stem of jute plant
  - (c) Twisting makes the yarn stronger
  - (d) Polyester is not manmade fibre.
14. Which of the following statement is not true?
  - (a) Fabric is made of yarn
  - (b) Jute is the outer covering of coconut
  - (c) Polyester is a synthetic fibre
  - (d) Silk fibre is obtained from silk worms
15. Wool is obtained from
  - (a) Fleece of sheep
  - (b) Hair of rabbits
  - (c) Hair of camels
  - (d) All of above

#### **IV True & False**

- (a) Silk is synthetic fibre.
- (b) Cotton wool is used for making quilts.
- (c) Cotton rings are fruits of cotton plant.
- (d) Spinning on large scale is done by hands.

- (e) Knitting and ginning are two main ways to make fabric from yarns.
- (f) Looms are only hand operated in nature.
- (g) Turban is an example of stitched piece of fabric.
- (h) Early Indians wore fabrics made of nylon.
- (i) In knitting single yarn is used to make fabric.
- (j) Socks are made of knitted fabrics.

## V Match the following

- |                     |                    |
|---------------------|--------------------|
| 1. Cotton           | Leaves as cloth    |
| 2. Flax             | Weaving            |
| 3. Yarn             | Warm Climate       |
| 4. Fabric           | Ancient Egypt      |
| 5. Early man        | Spinning           |
| 6. Unstitched Cloth | Stem               |
| 7. Jute fibre       | Saree              |
| 8. Polyester        | Natural            |
| 9. Wool             | Chemical substance |

## VI Observe the pictures and name them.



## **VII Very Short Answer Questions:**

1. How fabrics are made?
2. Give examples of natural fibres obtained from plants.
3. Name some states where cotton is grown?
4. Where is jute grown in India?
5. Give examples of natural fibres obtained from animals.
6. Write name of fabrics which are used as unstitched clothes.
7. What type of fabric is used to make socks?
8. What happens when we pull the yarn from torn pair of socks?

## **VIII Short Answer type Question:**

1. What are natural fibres? Give examples.
2. What are fibres? Name its type.
3. Write uses of cotton.
4. What are synthetic fibres? Give examples.
5. What do you mean by weaving?
6. What conditions are required for cotton plants to grow?
7. What is ginning? How it is done?
8. How is yarn obtained from its fibres?
9. How weaving of fabric is done?

## **IX Long Answer type Question:**

1. Who popularized the use of charkha & how?
2. How jute fibres are obtained from jute plant?
3. Explain the process of obtaining cotton from cotton plant?
4. What materials people use in ancient times for cloth?
5. Name the two methods by which fabrics are made from yarn. Explain both the methods.
6. What is meant by spinning?
7. What is knitting?