

SCIENCE

Chapter- FOOD

Instruction : Tick (✓) the correct answer on a print out of this page.

- The essential components of food are called _____ .
(a) fats (b) nutrients
(c) minerals (d) roughage
- Which of the following is a protective food?
(a) Protein (b) fats
(c) Carbohydrates (d) vitamins
- The percentage of water in the human body is-
(a) 65 (b) 70
(c) 40 (d) 80
- Foods like pizza, burger and noodles are rich in -
(a) carbohydrates (b) proteins
(c) vitamins (d) minerals
- _____ provide more than double the energy provided by carbohydrates or proteins in human body.
(a) vitamins (b) fats
(c) minerals (d) starch
- The component of food which help our body to fight against infections is-
(a) protein (b) fat
(c) carbohydrate (d) starch
- _____ is essential for forming haemoglobin in the blood.
(a) calcium (b) iron
(c) phosphorus (d) magnesium
- The disease caused by the deficiency of iron is-
(a) anaemia (b) dysentery
(c) chicken pox (d) malaria
- The mineral which controls the functioning of thyroid is-
(a) phosphorus (b) calcium
(c) magnesium (d) iodine
- The disease caused by the deficiency of iodine is-
(a) anaemia (b) goitre
(c) chicken pox (d) swine flu
- _____ helps to maintain a constant body temperature in our body.
(a) water (b) roughage
(c) vitamins (d) energy giving food
- Our body needs ____ litres of water every day.
(a) 1/2 (b) 2-3
(c) 7-8 (d) 10 -15
- Deficiency of proteins and carbohydrates in infants leads to-
(a) marasmus (b) goitre
(c) obesity (d) typhoid
- Rickets is caused by the deficiency of-
(a) vitamin A (b) vitamin B
(c) vitamin C (d) vitamin D

15. Excessive body weight due to over nutrition leads to-
- (a) kwashiorkor (b) rickets
(c) marasmus (d) obesity
16. Carbohydrate and fats are-
- (a) protective food (b) body building food
(c) energy giving food (d) none of these
17. Jaggery is a good source of
- (a) fats (b) proteins
(c) vitamins (d) iron
18. The highest concentration of minerals are found in-
- (a) bones and teeth (b) skin
(c) arms and legs (d) none of these
19. Iodine is used to test the presence of _____ in the food.
- (a) proteins (b) carbohydrates
(c) starch (d) fats
20. Which of the following is a protein source of plant origin?
- (a) egg (b) soyabean
(c) cheese (d) milk
21. The mineral we get from fish is-
- (a) iodine (b) magnesium
(c) iron (d) none of these
22. Night blindness is caused by the deficiency of
- (a) vitamin A (b) vitamin C
(c) vitamin D (d) vitamin B
23. Benedict's solution is used to test the presence of _____ in food.
- (a) sugar (b) starch
(c) fat (d) water
24. Tick () the statements that are correct.
- (a) Protein is a body building food.
(b) Vitamin C gets easily destroyed by heat during cooking.
(c) Our body does not need dietary fibre and water.
25. By identifying the symptoms of disease shown in the picture, write the name of the disease and the deficiency of nutrients which cause the same disease, in the given box.



Q 2 Write the answer of following questions in note book:-

- 1) What will be the adverse effect on the environment if the dead organisms are not decomposed?
 - 2) State the harmful effect of plastic on the environment.
 - 3) Define vitamins and mention its types.
 - 4) Give reason:-
 - (a) Water is essential for all vital processes of the body.
 - (b) Vitamin C is not stored in the body.
 - 5) What do you mean by "Malnutrition"?
 - 6) Explain the term nutrients and classify the food items on the basis of nutrients .
- Revise chapter 1 and 2.

Art & Craft

Any One

1. Popsicle Stick :- Make a Basket, House, Table. – (100 sticks)
2. Pot Painting
3. Best out of the waste Materials :- (a) C. D. Craft (b) Spoon Craft (Plastic Spoon)

संस्कृत

1. पृष्ठ संख्या 77 व 78 अभ्यास पुस्तिकायाम् कुर्वन्तु।
2. पृष्ठ संख्या 66 व 67 प्रश्न संख्या 2, 3, 4 अभ्यास पुस्तिकायाम् कुर्वन्तु।

हिन्दी

1. दिए गए संकेत बिंदुओं के आधार पर "वनों के महत्त्व" विषय पर अनुच्छेद लिखिए (80 से 100 शब्दों में) :-
 - प्रस्तावना
 - वनों से लाभ
 - वनों का काटना बर्बादी को निमंत्रण
 - उपसंहार
2. बुक बैंक से पुस्तकें लेने हेतु प्रार्थना पत्र।

ENGLISH

1. English Literature – Learn chapter 1 Questions and Answers.
2. Practice Book – Learn Lesson 1 use of Nouns in various sentences.
3. Do question no. A.8 of Unit – I (Reader Book) in A4 size sheet.
4. Do Holiday Homework worksheet provided to you in Literature and Practice.

Social Studies

A. Explain the following terms:

1. Manuscript
2. B.C. and A.D
3. Inscription
4. Archaeology
5. BCE and CE

B. Explain the following terms: (Refer to Chapter- 9)

1. Palaeolithic age or Old Stone age
2. Mesolithic age or Middle Stone age
3. Neolithic age or New Stone age

C. Map Work:

1. Map of India (States and Capitals& Union Territories)
2. Map of India (The languages spoken in each state)
3. Map of the World (Continents and Oceans)

MATHEMATICS

1. Worksheet of Chapter no. 1
2. Revise Chapter no. 1 in rough notebook.

COMPUTER

1. Write the five names of Operating System Software and application software on A4 size paper