

Lesson - 01

Food = भोजन

Variety = विभिन्न प्रकार

Ingredients = अवयव

Need = आवश्यकता

Raw = कच्चा

Cooked = पकाया हुआ

Boiled = उबाला हुआ

Made of = से बना हुआ /

Trunk = सोंपना

Material = पदार्थ

Prepare = तैयार करना

Source = स्रोत

Grain = अनाज

Conclude = निष्कर्ष निकालना

Parts = हिस्सा / भाग

Product = उत्पाद

Leafy = पत्तदार

Nectar = मकरंद (फूलों का रस)

Edible = खाने लायक

Sprouted = अंकुरित

Herbivore = शाकाहारी

Carnivore = मांसाहारी

Omnivore = सर्वाहारी

Human = मानव

Sufficient = पर्याप्त

Store = जमा करना

Hive = मधुमक्खियों का दस्त।

Region = क्षेत्र

Grown = उगाया जाने

Ensure = आश्वासन देना।



Exercise

Q1 -> Do you find that all living beings need the same kind of food?

Ans -> No, different animals eat different kinds of food as they need. They are divided into three groups on the basis of habit of food. They are herbivores, carnivores and omnivores.

Q (2) → Name five plants and their parts that we eat. PN (2)

Ans - (a) ~~mango~~ plant — part
(a) mango — fruit.
(b) Onion — stem.
(c) Spinach — leaf.
(d) Radish — root.

Q (3) → Match

Ans → col. 'A' — col. 'B'

- (i) Milk, curd, paneer, Ghee — (iv) are all animal products.
(ii) Spinach, cauliflower, carrot — (iii) are vegetables.
(iii) Lions and tigers — (i) eat other animals.
(iv) Herbivores — (ii) eat plants and plant products.

Q (4) — Fill in the blanks —

Ans → (a) carnivores (b) herbivore (c) plant (d) milk
(e) sugarcane. — x —

DEFINE TERMS

- (i) HERBIVORE: — Those animals who eat only plant or plant products are called herbivores. Ex - Cow, goat etc.
- (ii) CARNIVORES — Those animals who eat only flesh of other animals are called carnivores. Ex - Lion, Tiger, etc.
- (iii) OMNIVORES → Those animals who eat both plants and animals are called omnivores. Ex - Human (man), crow etc.
- (iv) INGREDIENTS → materials required to prepare a food item are called ingredients.

— x —

Component = अवयव
 contain = स्थित
 Nutrients = पोषक तत्व
 Minerals = खनिज
 Fibres = रेशा
 compare = तुलना करना /
 Test = जांच
 Record = आंकित करना /
 Taste = स्वाद
 Chemical = रासायनिक पदार्थ
 Required = आवश्यक
 Dilute = तनु
 solution = विलयन / घोल
~~protect~~ protect = सुरक्षा करना /
 या बचाना /
 Against = विरुद्ध
 Disease = रोग
 Essential = आवश्यक
 Growth = वृद्धि
 Dietary fibres = पान्चक रेशे
 Roughage = कचरा
 Get rid of = दूरकार पाना /
 Digest = पचाना
 Undigested = अनपचा
 Sweat = पसीना निकलना
 Balance diet = संतुलित
 - भोजन /
 Obesity = मोटापा
 obes = मोटा

Gout = गैटा रोग
 Deficiency diseases = अभावजन्य रोग
 या कमता मिनर रोग
 Lack = कमी
 Long period = लंबे समय
 Energy = ऊर्जा
 fats = वसा (चर्बी)
 Night blindness = रात की
 - अंधता -

Solved Exercise
 Q (1) →
 Ans → The major nutrients in our food are carbohydrate, proteins, fats, vitamins and minerals.

Q (2) →
 Ans →
 (a) Fats and carbohydrate.
 (b) proteins and minerals.
 (c) Vitamin-A
 (d) calcium

Q. (3) →

Ans → (a) Fats → Ghee, Butter
 (b) Starch → Rice, wheat
 (c) Dietary Fibre → Spinach, carrot.
 (d) protein → milk, pulses.

Q. (4) : → (a) x (b) ✓ (c) ✓ (d) x

Q. (5) : →
 Ans → (a) Rickets (b) Vit. B,
 (c) Scurvy (d) Vit. A.

(iii) DEFICIENCY DISEASES

→ The diseases caused by the lack of nutrients are called deficiency diseases. Ex - Rickets caused by the lack of Vit. D, Night blindness due to Vit. A. etc.

LESSON - 04

DEFINE

Group = समूह
 Sort = धारणा
 material = पदार्थ
 properties = गुणों
 Appearance = उपस्थिति
 lustre = चमक
 Hardness = कठोरता
 Soft = मुलायम
 Sand = बालू
 Soluble = घुलनशील/विलेय
 Insoluble = अविलेय
 Disappear = गायब हो जाना
 Dissolve = घुल जाना
 Float = तैरना

(i) NUTRIENTS → The chemical substance present in the food items required by the body are called nutrients.

(ii) BALANCED DIET →

A diet that contains all the nutrients required by the body in the right proportion is called balanced diet.

Sink = डूबना

Transparency = पारदर्शिता

Transparent = पारदर्शी

opaque = अपारदर्शी

Translucent = पारभाषी

metal = धातु

non-metal = अधातु

Rough = कसबडा

Similarities = समानता

dissimilarity = असमानता

Q1 ->

Ans -> (a) Door (b) Box (c) spoon
(d) chair (e) Table

Q2 ->

Ans -> steel spoon, glass
bowl (कलोरी)

Q3 -> match

Ans - Object - materials

B. Book - paper
Tumbler - Glass, wood
plastic.

chair - wood, plastic

Toy - Glass, wood,
paper, leather
plastics.

shoes - leather, plastic.

Q4 ->

Ans -> (a) F (b) F (c) F (d) T
(e) F (f) F (g) T (h) T.

Q5 ->

Ans ->

(a) (i) Round shaped ->
Basket ball, apple, orange
globe, earthen pitcher.

(ii) Other shapes ->
heater, sugar.

(b) (i) Eatable: water
orange, sugar, apple.

(ii) Non-eatable ->
Basket ball, globe
and earthen pitcher.

Q6 ->

Ans -> paper, wood,
Thin plastic sheet,
ice, Thermocol, wax,
oil.

All these float ~~in~~
both.

Q7 ->

Ans (a) Baby
(b) Boat
(c) sand
(d) sand.

- x -

DEFINE TERMS →

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(i) INSOLUBLE → Those substances that do not dissolve in a given liquid are called insoluble in that liquid.

(ii) SOLUBLE → Those substances that ~~do not~~ dissolve in a given liquid are called soluble in that liquid.

(iii) ~~Insoluble~~ →

LESSON - 05

Separation = पृथक्करण /

substances = वस्तुओं

Method = विधि

Hand picking = हाथ से चुनना /

Threshing = धौनी

Winnowing = डौसाना

Sieving = चालना

Remove = हटाना

Sedimentation = निचरना

Decantation = निचारना

Filtration = छानना /

process = विधि

Evaporation = वाष्पीकरण

Condensation = संघनन

Saturated = संतृप्त

Churning = ~~संघनन~~ मथना /

Q ① →

Ans → To separate the useful components from the mixture.

We need to separate example - (i) small stones present in rice are harmful.

(ii) Tea leaves from tea etc.

Q ② →

Ans → Winnowing is used to separate heavier and lighter components of a mixture by wind or by blowing air.

It is used by farmers to separate grains from husks.

Q. (3) →

Ans → This can be done by handpicking or winnowing.

Q. (4) →

Ans → ~~Sieving is a process by which~~

Ans → Sieving is a method of separating components of different sizes in a mixture using a sieve.

~~Sieve~~ Sieving is commonly used in kitchen to separate unwanted impurities from flour. It is also used to separate sand and gravel.

Q. (5) →

Ans → First ~~we take~~ the mixture is taken in a glass. After some times sand settle at the bottom. The clear water forms at the upper layer. We gently pour this water in another glass. The residue in first glass is sand.

Q. (6) →

Ans → Yes, it is possible by sieving. Sugar will stay on sieve and wheat flour will pass through it.

Q. (7) →

Ans → It can be done by filtration. A filter paper folded in the form of a cone is fixed in a funnel. Then the mixture is poured on the filter paper. Solid particles remain on the filter paper.

Q-8 →

Ans → (a) threshing (b) filtration (c) Evaporation (d) sedimentation and decantation.

Q-9 →

Ans → (a) F (b) F (c) F (d) F

Q-10 →

Ans → We should add ice after dissolving sugar. When the temperature is high, more sugar can be dissolved.

DEFINE →

- (i) THRESHING → The process to separate grain from stalks is called threshing.
- (ii) WINNOWING → The process to separate heavier and lighter components of a mixture by wind or by blowing air is called winnowing.
- (iii) SEDIMENTATION → The process of settling down of heavy solids in a mixture of a liquid and insoluble solid is called sedimentation.
- (iv) DECANTATION → The process of removal of the clear layer of the liquid without disturbing the settled down.
- (v) Evaporation → The change of water into water vapour is called evaporation.
- (vi) Condensation → The change of water vapour into water is called condensation.

Motion = ~~गति~~ गति

Measurement = माप

Distance = दूरी

Transport = वाहान

Unit = इकाई

Correct = सही / शुद्ध

Length = लम्बाई

Curved = वक्र

Types = प्रकार

Wide = चौड़ा

Breadth = चौड़ाई

Incorrect = अशुद्ध

Standard = प्रमाणिक

Moving = चलने हुए

Around = चारों ओर

Rectilinear = ~~रेखीय~~

= सरल रेखीय

Linear = ~~रेखीय~~

Curvilinear = वक्र रेखीय

Translatory = ~~रेखीय~~

Rotational = घूर्णी

Circular or circular

motion = वृत्तीय गति

Oscillatory = दोलन

Periodic = आवर्ती

Footstep = कदम

Q(1) →

Ans →

(i) On land → Train, Bus

In water → Ship, Boat

In air → Aeroplane, Helicopter

(2) fill in the blanks

Ans → (a) 100 (b) 5000

(c) oscillatory or periodic

(d) periodic (e) circular motion

Q(3) →

Ans → Because the ~~foot~~ size of foot or footstep cannot be the same for every person. So, we cannot use it as a standard unit of length.

Q(4) →

Ans → 1mm, 1cm, 1m, 1km

Q(5) →

Solution →

(i) ∵ 1m = 100cm
 ∴ 1.65m = 100 × 1.65cm
 = 16500
 = 165cm. Ans

(ii) ∵ 1m = 1000mm
 1.65m = 1.65 × 1000 = 1650mm Ans

Q 7 → ~~1000m = 1km~~
 solution → ∴ 1000m = 1km
 ∴ 1m = $\frac{1}{1000}$

∴ 3250m = $\frac{1}{1000} \times 3250 = \frac{3250}{1000} = 3.250 = 3.25 \text{ km}$

Q 8 →
 Ans → Length of the needle = $33.1 - 3.0 = 30.1 \text{ cm}$

Q 9 →
 Ans → (i) Similarities → Both have circular motion.
 (ii) Difference = ~~bicycle has circular~~ In the wheel of bicycle there is circular and linear motion while a ceiling fan has rotational and circular motion.

Q 10 →
 Ans → Elastic measuring tape will not give accurate measurement because it stretches in length and reduces in size when not stretched. So we cannot tell accurate distance.

Q 11 →
 Ans → (i) The movement of the earth around the sun.
 (ii) The movement of the wire of a guitar (गिटार)

DEFINE →

- (i) MOTION → A body is said to be in motion when its position or place change with time.
- (ii) RECTILINEAR MOTION → When a body moves along a straight line then it is called in rectilinear motion. Example - ~~the~~ moving car on a road, movement of strayer, etc.

- (iii) Circular motion → When a body moves along a circular path or at a circle. Ex- moving wheel, moving stone with a rope, etc.
- (iv) curvilinear motion → When a body moves on a curved path. Then the body is called in curvilinear method.
- (v) periodic motion: - When a body repeat its motion in the same interval of time then it is called in periodic motion. Ex- the movement of the earth around the sun, the rotational motion of the earth etc.
- (vi) Rotational motion → When a body rotate along with its axis, then it is called in rotational motion. Ex- rotating top, moving fan etc.
- (vii) oscillatory motion: - When a body move to and fro from a fixed point is called in oscillatory motion. Ex- Swing, pendulum etc.

Multiple choice questions → choose the correct option →

1. materials required to prepare a food item are called -

(a) nutrients (b) Ingredients (c) nourishment (d) minerals.

Ans. → (a)

② Which of the following is not a milk product? (a) cheese (b) Butter (c) Honey (d) yoghurt.

Ans → (c)

③ Which of the following is not an ingredient for preparing dal?

(a) pulses (b) kerosene (c) oil and Ghee (d) salt

Ans → (b)

④ What are the ingredients of preparing chapati? (a) ~~atta~~ (b)

(a) wheat flour (b) water only (c) Both ^{only} atta and water (d) none of these.

Ans → (c)

⑤ Goitre is caused by the deficiency of (a) calcium (b) Iron (c) Iodine (d) protein

Ans → (c)

⑥ Our hair and nails contain (a) protein (b) calcium (c) chlorine (d) phosphorous

Ans → (a)

⑦ Our body prepares which types of vitamin in the presence of sunlight?

(a) vitamin A (b) Vit. B (c) Vit D (d) Vit. K

Ans → (c)

⑧ What is essential for forming haemoglobin in the body?

(a) calcium (b) Iron (c) phosphorous (d) magnesium

Ans - (c)

9) Which are needed for growth and maintenance of our body?

- (a) carbohydrate (b) fats (c) proteins and mineral (d) none of these.

Ans - (c)

10) Which is insoluble in water?

- (a) oxygen (b) sugar (c) salt (d) Sawdust

Ans - (d)

11) Which of the following is lustrous material?

- (a) wood (b) plastic (c) copper (d) chalk

Ans - (c)

12) Materials these are difficult to compress are called -

- (a) Hard substance (b) soft substance (c) sponge materials (d) None

Ans → (a)

13) A liquid which contains the dissolved material is known as +

- (a) solvent (b) solution (c) solute (d) None of these.

Ans - (a)

14) Butter paper is

- (a) Transparent (b) Oily (c) opaque (d) Translucent.

Ans - (d)

15) The process of solid changing directly in vapour form without changing liquid is called

- (a) sedimentation (b) sublimation (c) Evaporation (d) condensation.

Ans - (b) sublimation

16) Air is a \rightarrow (a) mixture (b) compound (c) pure substance (d) none of these

Ans - (a)

17) Combine is used in (a) threshing (b) winnowing (c) sieving (d) filtration

Ans - (a)

18) Hand picking ~~mixture~~ method is effective in - (a) Gaseous mixture (b) solid mixture (c) liquid mixture (d) none of these.

Ans - (b)

19) The distance is usually expressed in units of \rightarrow (a) decametre (b) metre (c) cm (d) km.

Ans - (d)

20) What is the S.I. unit of length? (a) mm (b) cm (c) m (d) km.

Ans - (c)

21) What is the S.I. unit of mass? (a) metre (b) gram (c) kilogram (d) none

Ans \rightarrow (c)

22) What is the S.I. unit of Time? (a) Hour (b) minute (c) Second (d) year

Ans - (c)

23) Which type of motion in a moving wheel? (a) Translatory (b) Rectilinear (c) curvilinear (d) Circular.

Ans - (d)

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