

WORKSHEETS WITH ANSWERS

1. Sources of Food

A. Find the odd one out and justify your choice:

- | | | | |
|---------------|----------|-------------|------------|
| 1. horse | goat | jackal | deer |
| 2. pulse | milk | water | salt |
| 3. maize | chilli | ginger | turmeric |
| 4. onion | carrot | ginger | potato |
| 5. cow | honeybee | buffalo | goat |
| 6. paneer | cheese | egg | curd |
| 7. rose | broccoli | cauliflower | pineapple |
| 8. buffalo | crow | squirrel | cockroach |
| 9. cottonseed | pea | coconut | mustard |
| 10. corn | wheat | orange | green gram |

B. Fill in the blanks:

- _____ eat only plants or plant products.
- The plant parts which are eaten are called _____ parts.
- Honey is a sweet liquid produced by _____ from the nectar.
- Products made from milk are called _____.
- Living beings like _____ can make their own food. Therefore, they are known as producers.
- Materials which are used to prepare food items are called _____.
- The material or substance which we eat is called _____.
- _____ seeds are called sprouts.

C. Give two examples for each of the following:

- Source of eggs
- Food from leaves
- Scavengers
- Carnivores
- Ingredients used in making idli
- Oils
- Food from seeds

D. Tick the category to which the following belong:

- Elephant – herbivore/carnivore
- Turnip – food from leaves/roots
- Paneer – dairy product/poultry product
- Sweet potato – food from roots/stems
- Tiger – omnivore/carnivore
- Cabbage – food from flowers/leaves

Answers

A. Find the odd one out and justify your choice:

1. jackal (carnivore)
2. milk (not an ingredient of dal)
3. maize (cereal)
4. carrot (food from root)
5. honeybee (honey)
6. egg (poultry)
7. pineapple (food from fruit)
8. buffalo (herbivore)
9. pea (pulse)
10. orange (food from fruit)

B. Fill in the blanks:

1. Herbivores
2. edible
3. honeybees
4. dairy products
5. green plants
6. ingredients
7. food
8. Germinated

C. Give two examples for each of the following:

1. Hen, duck
2. Spinach, cabbage
3. Vulture, jackal
4. Lion, tiger
5. Rice, urad dal
6. Mustard, groundnut
7. Corn, wheat

D. Tick the category to which the following belong:

1. herbivore
2. food from roots
3. dairy product
4. food from roots
5. carnivore
6. food from leaves

2. Components of Food

A. Match the following:

Column A

1. Fibre
2. Carbohydrates
3. Vitamin C
4. Jam
5. Calcium and phosphorus
6. Minerals
7. Anaemia

Column B

- (a) Amla
- (b) Processed food
- (c) Protective food
- (d) Pulses
- (e) Nutrient
- (f) Pale body colour
- (g) Plant sources

B. Give one word/a few words for each of the following:

1. Chemical substances present in food which provide energy and materials needed by the body
2. Foods like jams and pizzas which are rich in carbohydrates
3. Energy-giving compounds
4. Having no nutritive value, yet important in the process of digestion
5. Helps to absorb nutrients from food
6. A diet containing all the nutrients in adequate quantities
7. Excessive body weight due to overeating

C. Multiple Choice Questions:

1. The deficiency of which of the following minerals causes goitre?
(a) Flourine (b) Iron (c) Iodine (d) Calcium
2. The condition which arises due to inadequate intake of food is
(a) malnutrition. (b) obesity. (c) bow legs. (d) clotting of blood.
3. A constant body temperature is maintained by
(a) milk. (b) ghee. (c) water. (d) juice.
4. In addition to calcium, the mineral which is essential for proper formation of bones and teeth is
(a) iron. (b) phosphorus. (c) iodine. (d) flourine.
5. Which of the following vitamins keeps our body and skin healthy?
(a) Vitamin A (b) Vitamin C (c) Vitamin K (d) Vitamin E
6. Food rich in carbohydrate is
(a) almonds. (b) milk. (c) meat. (d) eggs.

D. State the diseases caused by the deficiency of the following:

- | | | | |
|--------------|--------------|---------------|----------------------------|
| 1. Vitamin K | 2. Vitamin C | 3. Iodine | 4. Flourine |
| 5. Iron | 6. Vitamin A | 7. Phosphorus | 8. Vitamin B ₁₂ |

Answers

A. Match the following:

- | | | | | |
|--------|--------|--------|--------|--------|
| 1. (g) | 2. (e) | 3. (a) | 4. (b) | 5. (d) |
| 6. (c) | 7. (f) | | | |

B. Give one word/a few words for each of the following:

- | | | | | |
|------------------|--------------------|---------|----------|----------|
| 1. Nutrients | 2. Processed foods | 3. Fats | 4. Fibre | 5. Water |
| 6. Balanced diet | 7. Obesity | | | |

C. Multiple Choice Questions:

- | | | | | |
|--------|--------|--------|--------|--------|
| 1. (c) | 2. (a) | 3. (c) | 4. (b) | 5. (b) |
| 6. (b) | | | | |

D. State the diseases caused by the deficiency of the following:

- | | | | |
|----------------------------------|-------------------|------------------------|-----------------|
| 1. Clotting of blood is affected | 2. Scurvy | 3. Goitre | 4. Dental decay |
| 5. Anaemia | 6. Loss of vision | 7. Rickets in children | 8. Anaemia |

3. Separation of Substances—Cleaning of Food

A. Name the method(s) which you will use to separate the following mixtures:

1. Mud and water from muddy water
2. Salt from sea water
3. Stones and broken grains from dal
4. Pulp from fresh fruit juice
5. Stones and pebbles from sand
6. Grains from stalks
7. Husk from grains
8. Water and salt

B. Fill in the blanks:

1. The dry outer covering of grains is called _____.
2. _____ consists of particles of only one kind.
3. _____ is a piece of mesh held in a frame.
4. If sugar is dissolved in water, a _____ is formed.
5. Machines can be used in the process of _____.
6. Rice grains being _____ than water settle at the bottom and can be separated.
7. _____ is contaminated with khesari dal.

C. Define the following:

1. Husk
2. Threshing
3. Sieving
4. Evaporation
5. Condensation
6. Decantation

D. State True or False:

1. The size of particles to be separated is an important basis for the separation of substances.
2. Husk particles are heavier than grains.
3. Handpicking is used when the quantity of mixture is not very large.
4. It is necessary that undesirable substances are removed from food items.
5. The solid particles called sediments float on top during sedimentation forming a layer.

Answers

A. Name the method(s) which you will use to separate the following mixtures:

1. Filtration, sedimentation and decantation
2. Evaporation
3. Handpicking
4. Filtration
5. Sieving
6. Threshing
7. Winnowing
8. Evaporation

B. Fill in the blanks:

1. husk
2. Pure substance
3. Sieve
4. mixture
5. threshing
6. heavier
7. Pigeon pea

C. Define the following:

1. The dry outer cover of grain is called husk.
2. The process of separating grains from the stalks is called threshing.
3. Sieving is a method used to separate the components of a mixture which are of different sizes.
4. Evaporation is the process of converting a liquid into its vapour form.
5. Condensation is the process of conversion of water vapour into its liquid form.
6. Decantation is the process of pouring out the liquid or water (which contains dust or soil particles) without disturbing the sediment.

D. State True or False:

1. True
2. False
3. True
4. True
5. False

4. Materials of Daily Use: Clothes

A. Match the following:

Column A

1. Cotton plant
2. Natural fabrics
3. Charkha
4. Jute
5. Wool
6. Knitting
7. Cotton seed oil
8. Nylon
9. Loom
10. Cashmere

Column B

- (a) Plant fabric
- (b) Weaving
- (c) Sheep
- (d) Hand-operated device
- (e) Synthetic fibre
- (f) Warm weather
- (g) Vegetable oil
- (h) Obtained from natural sources
- (i) Kashmiri goats
- (j) Single yarn

B. Give two examples for each of the following:

1. Artificial fabrics
2. Plant fabrics
3. Places where cotton grows
4. Hand-operated devices used for spinning
5. Different types of looms
6. Places where jute grows

C. Find the odd one out and justify your choice:

- | | | | |
|-------------|---------|-----------|--------------------|
| 1. silk | wool | cashmere | flax |
| 2. ramie | cotton | silk | hemp |
| 3. takli | looms | bale | charkha |
| 4. spinning | weaving | cotton | knitting |
| 5. nylon | wool | polyester | polyvinyl chloride |

D. Give one word/a few words for each of the following:

1. The tough outer covering of the trunk and branches of a tree
2. Material used for making clothes, curtains, etc.
3. Animal that gives Cashmere, a clothing fabric
4. A single thin length of thread
5. Optimum temperature for the growth of cotton
6. World's cheapest natural fibre
7. The process used to soften the tissues so that fibres can be separated easily
8. The natural fibre which is used to make sacks and other wrapping materials
9. Soil that has the ability to retain moisture and is best suited for the cultivation of cotton plants
10. Most important fibre crop in the world

Answers

A. Match the following:

- | | | | | |
|--------|--------|--------|--------|---------|
| 1. (f) | 2. (h) | 3. (d) | 4. (a) | 5. (c) |
| 6. (j) | 7. (g) | 8. (e) | 9. (b) | 10. (i) |

B. Give two examples for each of the following:

- | | | | |
|----------------------------------|-----------------|------------------|-------------------|
| 1. Nylon, polyester | 2. Flax, hemp | 3. India, Turkey | 4. Takli, charkha |
| 5. Hand-operated, power-operated | 6. China, Nepal | | |

C. Find the odd one out and justify your choice:

- | | | | |
|--------------------------|-------------------------|--------------------|---------------------------|
| 1. flax (plant fabric) | 2. silk (animal fabric) | 3. looms (weaving) | 4. cotton (not a process) |
| 5. wool (natural fabric) | | | |

D. Give one word/a few words for each of the following:

- | | | | | |
|---------|------------|-------------------|---------------|----------------|
| 1. Bark | 2. Fabric | 3. Kashmiri goats | 4. Strand | 5. 21°C – 27°C |
| 6. Jute | 7. Retting | 8. Jute | 9. Black soil | 10. Cotton |