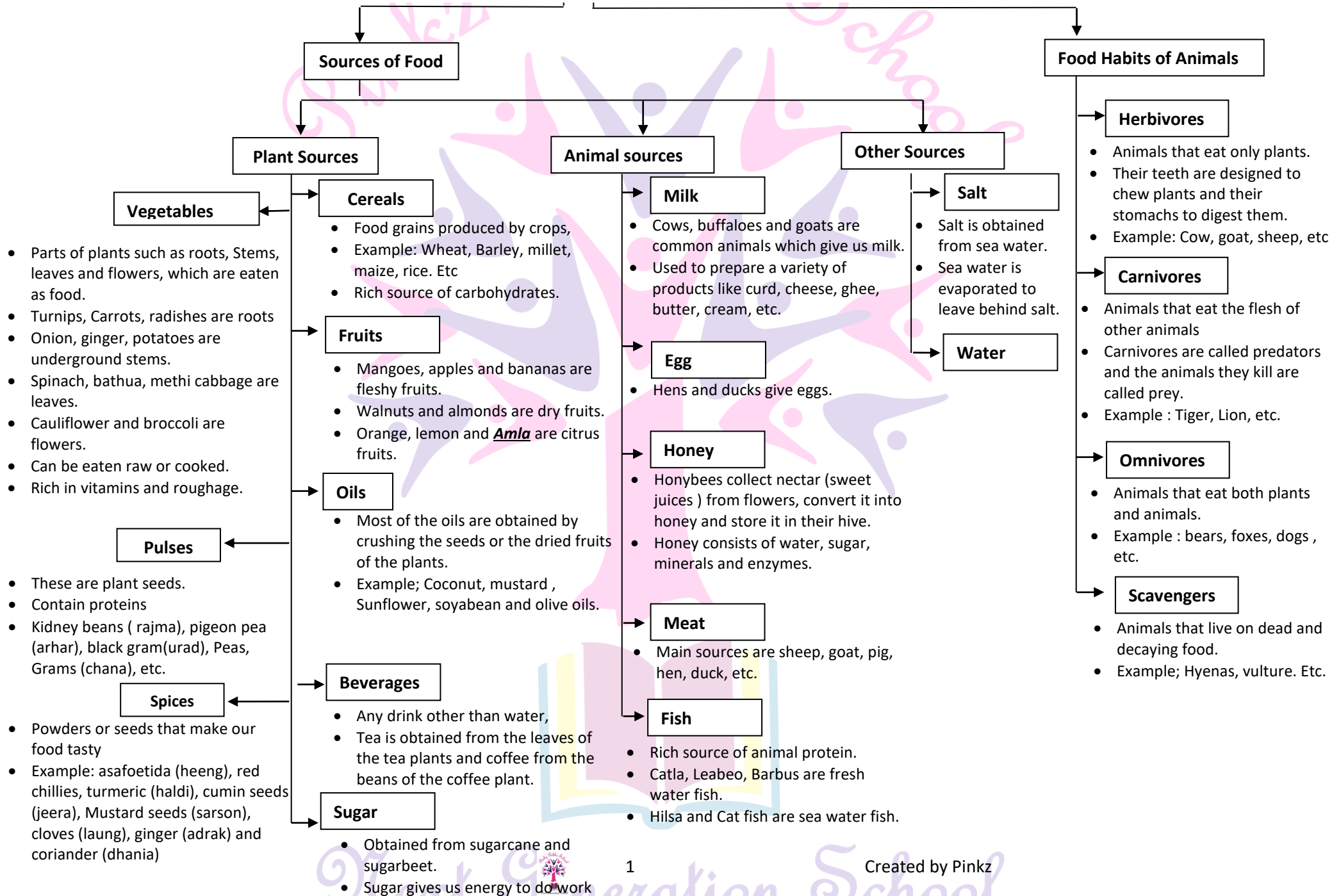


Nutritious substance that people or animals eat or drink, or that plants absorb, in order to maintain life growth.



Know the Terms

- **Food:** The substance which we eat every day, containing various edible components that provide us energy and materials that help our body to grow and remain healthy are called food.
- **Source of Food :** There are two main sources of food i.e. Plants and Animals.
- **Ingredients :** The materials that are needed to prepare a particular type of dish are called its ingredients.
- **Edible :** The substances which one can eat are called edible.
- **Sprouted seeds :** The germinating seeds at the initial stage when a white structure has grown out of the seed (radical are called sprouted seeds).
- **Nectar :** The sweet juices produced by some flowers are called nectar.
- **Honey :** Honeybees collect nectar (sweet juices) from flowers and convert it into honey. Bees store it in beehive for future use.
- **Herbivores:** Animals which eat only plants, plant parts or plant products are called herbivores such as cow and deer.
- **Carnivores:** Animals which eat other animals are called carnivores such as tiger and lion.
- **Omnivores :** The animals which eat both the plants and animals are called omnivores such as human beings.
- **Scavengers :** The animals that eat flesh of dead animals. They help in cleaning the environment. So they are called natural cleaning agent for example: vulture, jackal.
- **Nutrition :** The process by which living things take in food and utilise it for growth and repair.
- **Producer :** An organism that prepares its own food. Eg: green plants.
- **Consumer :** An organism that directly or indirectly depends on the food produced by a producer.
- **Decomposer :** An organism that breaks down the organic components in the remains of dead plants and animals.
Eg: Bacteria and Fungi.

Know the Facts

➤ Major ingredients found in food items.

S.No	Food Item	Major Ingredients
1	Rice	Rice and water
2	Chapati	Wheat flour and water
3	Omelette	Egg, onion, chillies, oil and salt
4	Idli	Rice, urad dal, salt and water
5	Vegetable soup	vegetables, water, salt, oil, spices etc.

➤ Food from Animals.

S.No	Food	Source
1	Egg	Hen, Duck and Quail
2	Meat	Hen, Goat, Duck and Fish
3	Milk	Cow, Buffalo, Goat and Camel
4	Honey	Honeybee

➤ Food from various parts of plants.

S.No	Parts of plant	Food
1	Root	Carrot, radish, beetroot, turnip and sweet potato.
2	Stem	Potato, ginger, onion and sugarcane
3	Leaf	Cabbage, spinach, lettuce
4	Flower	Broccoli, cauliflower
5	Fruit	Mango, guava, papaya, tomato, cucumber
6	Seed	Pulses, peanuts, coconut, almonds

Next Generation School

Objective Type Questions

(1 Mark each)

I. Multiple choice questions

1. Which of the following is a source of food?

- a. Plants only b. Animals only c. Both plants and animals d. None of these

2. Which of the following is not an ingredient of idli?

- a. Water b. Rice c. Urad dal d. Oil

3. Given below are the names of some animals.

- i. Goat ii. Human beings iii. Cockroach iv. Eagle

Which of the above animals form a pair of omnivores?

- a. i and ii b. ii and iii c. iii and iv d. ii and iv

4. Honeybee makes honey from : [NCERT Exemplar]

- a. Pollen b. Petals c. Nectar d. Bud

5. Given below are the names of some animals.

- i. Cow ii. Sheep iii. Horse iv. Ox

Which of the above are the sources of milk for human beings?

[NCERT Exemplar]

- a. i and iii b. i and ii c. ii and iii d. iii and iv

6. The part of a banana plant not used as food is:

[NCERT Exemplar]

- a. Flower b. Fruit c. Stem d. Root

7. Which parts of an onion plant do we eat?

- a. Root and leaves b. Stem and flower c. Stem and leaves d. Root, stem and fruit

8. Which among the following is an autotroph?

- a. Green plant b. Lion c. Cow d. Mushroom

9. Given below is a list of edible plants:

[NCERT Exemplar]

- i. Banana ii. Pumpkin iii. Lady's finger iv. Brinjal

Which pair of plants has two or more edible parts?

- a. i and ii b. ii and iii c. iii and iv d. i and iv

5. We can get milk from
 a. Cow b. Goat c. Camel d. All of these
6. Which one of the following is a cereal?
 a. Rice b. Tea c. Onion d. Beans
7. The ingredients of roti are:
 a. Flour only b. Water only c. Both flour and water d. None of these
8. Kheer is prepared by
 a. Milk only b. Rice only c. Milk and rice d. Milk, rice and sugar
9. Bees use flowers to collect
 a. Nectar b. Water c. Sugar d. Honey
10. Lion is a
 a. Herbivore b. Carnivore c. Omnivore d. None of these
11. Omnivores eat
 a. Plants only b. Animals only c. Both plants and animals d. None of these
12. We get sugar from:
 a. Milk b. Nectar c. Sugarcane d. Mango tree

1. d	2. a	3. a	4. c	5. d	6. a	7. c	8. d	9. a	10. b
11. c	12. c								

I. Fill in the blanks

Complete the following with a suitable word / words.

- i. All living organisms need _____.
- ii. Human beings are _____.
- iii. We get food from plants as well as _____.
- iv. Different organisms eat _____ kinds of food.
- v. A child needs food for _____.
- vi. The ingredients of roti are flour and _____.
- vii. Some plants have two or _____ edible parts.
- viii. Kheer is prepared by rice, sugar and _____.
- ix. Bees collect _____ from flowers.
- x. The animals which eat only plants or their products are called _____.

- xi. Lion and tigers are some examples of _____.
- xii. Man is an example of _____.
- xiii. An example of herbivores is _____.
- xiv. The animals which eat both plants and _____ are called _____.
- xv. Nectar is converted into honey by the _____.

i. food	ii. omnivores	iii. animals	iv. different
v. growth	vi. water	vii. more	viii. milk
ix. nectar	x. herbivores	xi. carnivores	xii. omnivores
xiii. cow	xiv. animals, omnivores	xv. honeybees	

II. Fill in the blanks

1. Food is _____ for all living organisms.
2. _____ protects the body against diseases.
3. _____ feed only on plants and plant products.
4. Animals that eat other animals are called _____.
5. Man, crow and pig are _____.
6. Wheat and maize are the sources of _____.
7. Cow and Yak are _____ producing animals.
8. From sugarcane and beetroot we get _____.
9. Ingredient of boiled eggs is only _____.
10. In paddy crop, we eat _____ part of plants.

1. essential	2. Food	3. Herbivores	4. Carnivores
5. Omnivores	6. Carbohydrates	7. Milk	8. sugar
9. egg	10. seed		

Next Generation School

4. **Column A** **Column B**
- a. Milk, egg and curd - i. Carnivores
 - b. Eat plants and plant products only - ii. Omnivores
 - c. Humans - iii. All animal products
 - d. Snakes - iv. Autotrophs
 - e. Green plants - v. Herbivores

a. iii	b. v	c. ii	d. i	e. iv
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5. **Column A** **Column B**
- a. Honey - i. Nutritious food
 - b. Hen and duck - ii. Animal protein
 - c. Sprouted seeds - iii. Honey bee
 - d. Milk and meat - iv. Eggs
 - e. Nectar - v. Beehive

a. v	b. iv	c. i	d. ii	e. iii
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6. **Column I** **Column II**
- a. Mustard plant - i. Meat
 - b. Goat - ii. Omnivores
 - c. Hen - iii. Seed
 - d. Smoke - iv. Direction of air flow
 - e. Wind - v. Air pollution

a. iii	b. i	c. ii	d. v	e. iv
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I. True or false

1. Food is not necessary for good health.
2. Paneer is an animal product.
3. Goat is a mammal.
4. Crow is an omnivore.
5. Potato is the root of a plant that we eat.

6. We get sugar from beetroot.
7. Both water and Atta are the ingredients of Chapatti.
8. Deer is a carnivorous animal.
9. All living things except plants need food.
10. Mushroom is not a food.

1. False	2. True	3. True	4. True	5. False
6. True	7. True	8. False	9. False	10. False

II. True or false

Write 'true' or 'false' against the statements given below.

- i. Plants are the sources of rice or wheat.
- ii. Plants are the only source of food items.
- iii. Bees collect the nectar from roots of some plants.
- iv. Sprouted seeds give more energy.
- v. Milk, cream, butter and ghee all belong to same group.
- vi. Brinjal is a fruit.
- vii. All plants have only one edible part.
- viii. Rice and milk are the ingredients of kheer.
- ix. Honeybees convert sugar into honey. Nowadays they are doing.
- x. Omnivores are the animals which eat only plants or their products.
- xi. Man belongs to omnivorous animals.
- xii. Lion is a carnivore because it eats only meat.
- xiii. We get sugar from mango trees.
- xiv. Parrot eats only plant products so it is called carnivore.
- xv. Deer eats only plant products so it is called herbivore.

i. True	ii. False	iii. False	iv. True	v. True
vi. True	vii. False	viii. True	ix. False	x. False
xi. True	xii. True	xiii. False	xiv. False	xv. True

Quiz Time

1. What are those substances called which one can eat?
2. What are the two main sources of food?
3. Name a plant whose two or more parts are used as food.
4. Write the names of two sugar - producing plants.
5. What are the ingredients used to prepare cooked rice?
6. Name a non - green plant that we eat.
7. Name the sweet substance prepared by bees from the nectar.
8. From which animal / animals beef is obtained?
9. Name two milk - giving animals except goat, cow and buffaloes.
10. Name two plants whose flowers are eaten.
11. Is a house lizard a herbivore or a carnivore?

1. Edible	2. (i) Plants (ii) Animals
3. Mustard - seeds and leaves	4. (i) Sugarcane (ii) Sugar beet
5. Raw rice and water	6. Mushroom
7. Honey	8. Ox or male buffaloes
9. Sheep and camel	10. Banana, cauliflower / pumpkin
11. Carnivore	

NCERT Corner

Intext Questions

1. What do we eat? List some common food items, their ingredients and sources?

Some common food items, their ingredients and sources are listed below.

S.No	Food items	Major ingredients	Sources
(a)	Rice	Raw rice	Plant
		Water	Tap/River
(b)	Chapati	Wheat flour	Plant
		Water	Tap/River
(c)	Omelette	Egg	Animal

		Onion	Plant
		Chillies	Plant
		Oil	Plant
		Salt	Sea water
(d)	Idli	Rice	Plant
		Urad dal	Plant
		Salt	Sea water
		Water	Tap/River
(e)	Vegetable soup	Vegetables	Plant
		Water	Tap/River
		Salt	Sea water
		Oil	Plant
		Spices	Plant
(f)	Dal	Raw dal	Plants
		Oil	Plants
		Ghee	Animals
		Spices	Plants
		Salt	Sea water
		Water	Tap/River

2. Which parts of a plant are the sources of our food? State some of the items of our food whose ingredients are obtained from plants. Also list their plant parts.

Leaves and fruits are the main sources of our food as parts of a plant. However, roots, stems and flowers are also considered as sources of our food in some plants.

Item/Ingredients	Part of plant which gives us the ingredient
Brinjal	Fruits
Chilli as spice	Fruits
Oil from groundnut, mustard, soyabean, any other plants	Seed
Rice	Seed

Wheat	Seed
Spinach	Leaves

3. Perform an activity by taking some seeds of chana (Bengal gram) or moong (green gram). Put them in a vessel containing water and keep it over night. The next day, wrap them in a piece of wet cloth and keep them aside for another day. What changes do you observe in the seeds?

The tiny white structures have grown out of the seeds wrapped in a piece of wet cloth. The seeds are said to be sprouted and the process is known as sprouting. The sprouted contain nutrients which make seeds healthy snacks.

I. Very Short Answer Type Questions

1. Give two examples where two or more parts of a single plant are used as food.

Mustard - seeds and leaves,

Pumpkin - fruit and flowers.

2. Name any one plant that grows in water and is eaten as food.

Lotus - Stem of lotus is eaten as food.

3. Suggest any three ways you can think of to avoid wastage of food.

i. Avoid leaving food uneaten in meals.

ii. "Eat to live" and not "live to eat" - excess eating should be avoided.

iii. Raw food like pulses, grains should be stored properly.

4. Name two sugar producing plants.

a. Sugarcane

b. Sugarbeet

5. Name a non-green plant that we eat.

Mushroom.

6. Why are humans considered omnivores?

Humans are considered omnivores because they eat both plants and animals.

7. Compare your food habits with food habits of your friend who lives in Delhi.

My food habit : Idli, dosa, sambhar, vada, rasam, upma and coconut oil, etc.

Food habit of my friend : Chapatti, Pulses, lassi, rice, vegetables, mustard oil.

8. What items are used to prepare cooked rice?

Raw rice and water.

9. Study the ingredients of various food items. Do they have some common food ingredients?

Yes, they have some common food ingredients like: water, salt and oil or ghee.

10. Name the three products each provided by plants and animals.

Plant products : Grains, cereals and vegetables.

Animal products : Milk, egg and meat.

11. Name three edible (eatable) parts of plants.

i. Roots

ii. Fruits

iii. Leaves

12. Which part of the plants do we eat generally?

We generally eat fruits of many plants.

13. Which type of seeds give more energy, sprouted seeds or normal seeds?

Sprouted seeds give more energy than normal seeds.

14. What is honey?

A sweet substance liquid prepared by bees from the nectar, i.e. sweet juice collected from flower is called honey.

15. Where would you place human beings on the basis of food that they eat?

Omnivores.

16. Kidney beans, grams and urad Dal are rich in _____.

Proteins.

17. Edible Part in spinach is _____.

Leaf.

18. Parrot eats only _____ products.

Plants and their parts.

19. Honey is made from _____ of flowers.

Nectar

II. Very Short Answer Type Questions

1. Name the food ingredients that are obtained from plants.

Grains, cereals, pulses, spices, vegetables and fruits.

2. Name the food materials that are obtained from animals.

Milk, meat and egg.

3. Why do boiled seeds fail to sprout?

Seeds lose the viability on boiling, so boiled seeds fail to sprout.

4. Where do bees store honey?

Bees store honey in their beehives.

5. Are there any food materials that have sources other than plants and animals?

Name them, if any.

Yes, salt and water are obtained from sources other than plants and animals.

6. Name the food eaten by humans that is produced by insects.

Honey.

7. Who are non-vegetarians?

People who eat meat, egg, fish and other of animal origin are non-vegetarians.

8. Read the clues and fill up the blanks given below against each of them.

a. Honey bees from flower. N _____ T _____ R.

b. Animals which eat other animals. _____ A _____ N _____ R _____ S.

c. Animals which eat only plants and plant products. H E _____ B _____ E _____.

d. Animals which eat both plants and animals. _____ M N I _____ O _____.

(NCERT Exemplar)

Answers			
a. NECTAR	b. CARNIVORES	c. HERBIVORES	d. OMNIVORES

9. Name two ingredients in our food that are not obtained from plants or animals. Mention one sources for each ingredient. (NCERT Exemplar)

The two ingredients in our food that are not obtained from plants or animals are.

i. Salt : Source - Oceans and rocks.

ii. Water : Source - River / pond / lake / rain

10. How many ingredients are needed to prepare a dish of boiled rice? Name the ingredients.

Two ingredients are needed to prepare a dish or boiled rice. These are rice and water.

11. Which cereal - fields have rows of plants?

Paddy and Wheat.

Spices	Plants
Sugar	Plants

3. Give one word for each of the following.

(NCERT Exemplar)

- i. Honeybees suck from flower.
- ii. Animals which eat other animals.
- iii. Animals which eat only plants and plant products.
- iv. Animals which eat both plants and animals.

i. Nectar	ii. Carnivores	iii. Herbivores	iv. Omnivores
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4. Look at the food chain given below as seen in a field and answer the questions the follow.

Wheat → Rat → Snake → Eagle

a. The farmer of the wheat field uses pesticides and kills all the rats. How is that useful to the farmer?

Killing all the rats, the farmer saves his field from the pests and his production of wheat will increase.

b. What will happen if all the snakes in the field are removed?

If all the snakes are removed the population of rats in the field will increase and they will reduce the production of wheat by feeding on them.

5. How do herbivores differ from carnivores?

Herbivores eat only plants or plant products. Their teeth are designed to chew plants and their stomachs to digest them. Carnivores eat other animals. They have sharp teeth to tear the flesh of animals.

6. Write two ways by which wastage of food can be prevented.

- i. Avoid cooking more amount of food than required.
- ii. Food should be stored properly in refrigerators.

Next Generation School

II. Short Answer Type Questions

1. What is food?

The substances eaten by humans and other animals to get energy for various activities for growth and development is called food.

2. Why should we eat cooked food?

We should eat cooked food because cooking kills harmful germs present in food and thus make it germfree. Cooked food can be easily digested and absorbed by our body. Cooking also improves the taste of food.

3. Explain the importance of food for living organisms.

Importance of food is:

- i. It provides energy to do various activities.
- ii. It helps in growth.
- iii. It helps to repair and replace damaged tissues of the body.
- iv. It protects us from infections and diseases.

4. Explain the various sources of food items and ingredients with the help of examples.

There are mainly two sources of ingredients of various food items.

- i. Plants : Plants provide us fruits, vegetables, pulses, grains, cereals, etc.
- ii. Animals : Animals provide us milk, eggs, meat etc.

5. Define the term herbivores.

The animals which eat only plants or plant products are called herbivores. For example, cow, goat and buffalo.

6. What are carnivores? Explain with examples.

The animals which eat other small animals are called carnivores. For example, lion and tiger. Carnivores generally eat herbivores and other carnivores.

7. Define the term omnivores. Explain with examples.

The animals which eat both the plants and animals are called omnivores. For example, cat, dog and human beings.

8. Why is glucose given to sportsmen?

Glucose is given to sportsmen because it is a simple carbohydrate as it is instant source of energy.

9. Why water is important for our body.

Importance of water.

- i. It helps in digestion.
- ii. Water helps your body remove waste.

III. Short Answer Type Questions

1. Identify the animals in the grid given below as Fig. and categorise them into herbivore, carnivore and omnivore. (NCERT Exemplar)

T	A	C	O	W	O	L	F
T	A	R	W	X	G	O	R
N	N	O	L	I	O	N	O
E	T	W	Q	L	A	N	G
H	U	M	A	N	T	W	O

Fig.

Answer. The animals in the grid are given below.

T	A	C	O	W	O	L	F
T	A	R	W	X	G	O	R
N	N	O	L	I	O	N	O
E	T	W	Q	L	A	N	G
H	U	M	A	N	T	W	O

These animals are categorised as:

Herbivores	Carnivores	Omnivores
Cow	Lion	Human
Goat	Frog	Rat
	Wolf	Cat
		Owl
		Crow
		Ant
		Hen

2. Why do organisms need food? Write two reasons.

(NCERT Exemplar)

The organisms need food for their survival. There are following reasons.

i. The energy obtained from food is used to perform various function of body.

ii. The nutrients obtained from food help them to protect the body against various diseases.

3. Why should we avoid wastage of food?

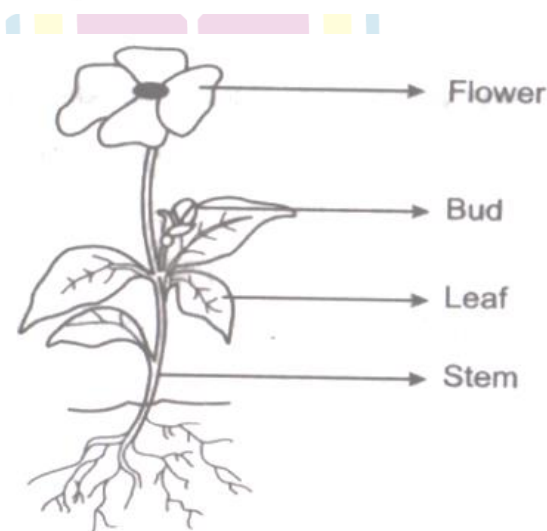
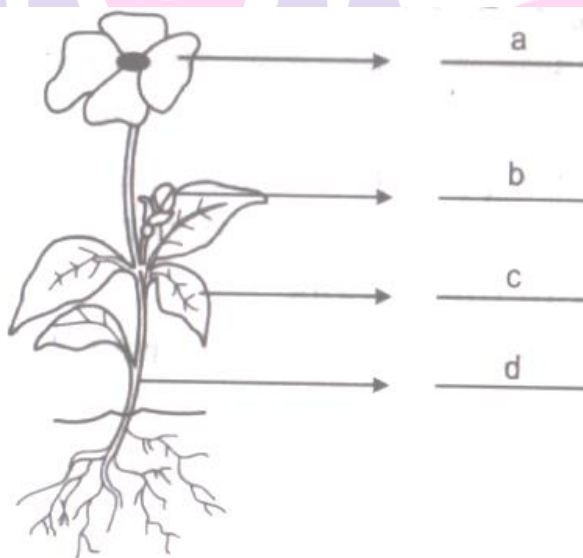
(NCERT Exemplar)

We should avoid wastage of food because food is valuable as there are many people, who do not get sufficient food to eat and some people cannot afford to buy the food.

4. What are the main sources of our food? Name four food items that we get from animals.

The main sources of our food are plants and animals. The food items which we get from animals are milk, eggs, meat and chicken.

5. Label and colour the different parts of the plant given below in fig: (NCERT Exemplar)



6. What are sprouted seeds? How are they eaten?

Sprouted seeds are the seeds with seedlings. Seeds are first soaked in water for one day. The water is drained and the seeds are kept wrapped in a wet cloth and left for one more day. After sprouting, they can be eaten raw. They can also be boiled. They can also be made into a tasty snack by adding spices to them.

7. Name the edible parts of onion, brinjal and tea.

Onion : Bulb

Brinjal: Fruit

Tea : Leaves

8. Where do bees store their food and in which form?

bees collect nectar from flowers and convert it into honey. The honey is stored in the beehives so as to be used throughout the year.

9. How do plants obtain their food?

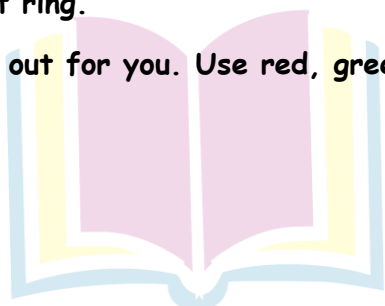
Plants obtain their food by the process of photosynthesis. In this process, green plants trap sunlight with the help of chlorophyll and prepare glucose from carbon dioxide and water. Oxygen is given out from plants as a by - product.

I. Long Answer Type Questions

1. Read the names of animals written in the inner ring of Fig. Within the second ring write the types of food they eat and the category to which they belong (based on the eating habit) in the outer most ring.

One example has been worked out for you. Use red, green and blue colours for writing.

(NCERT Exemplar)



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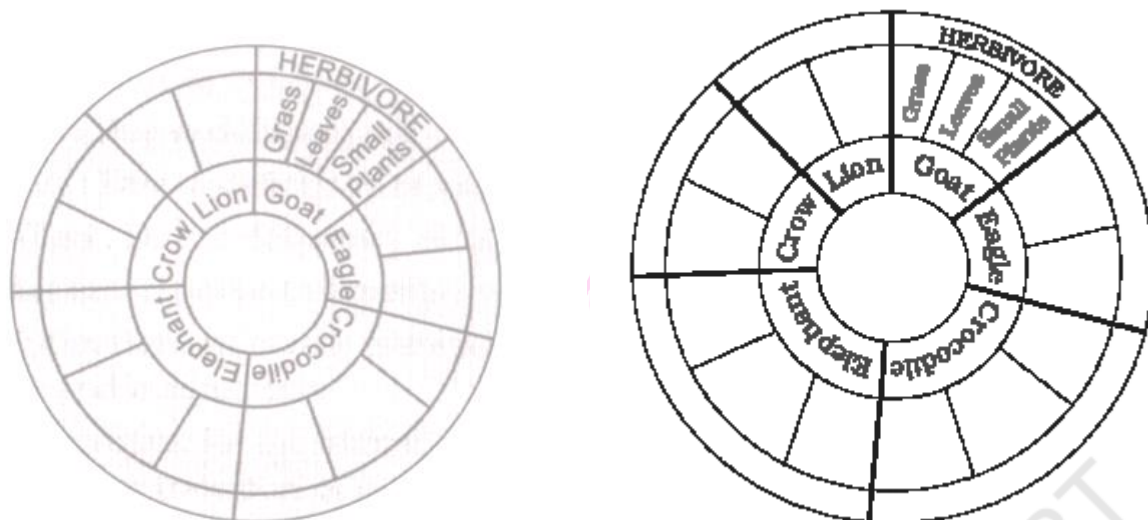
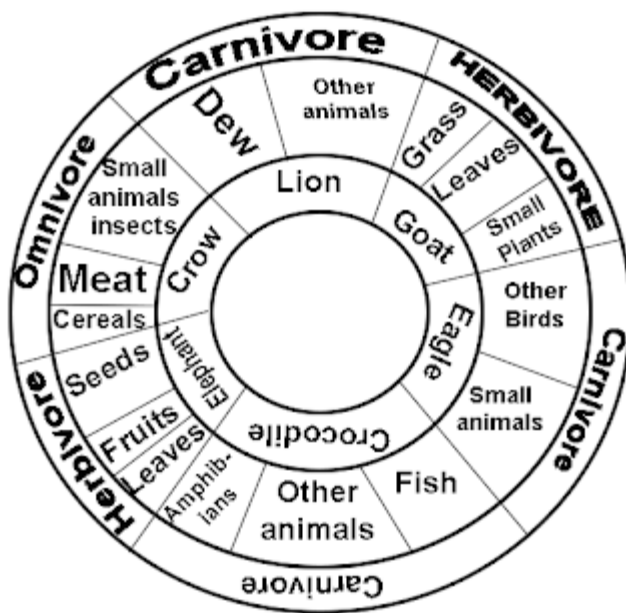


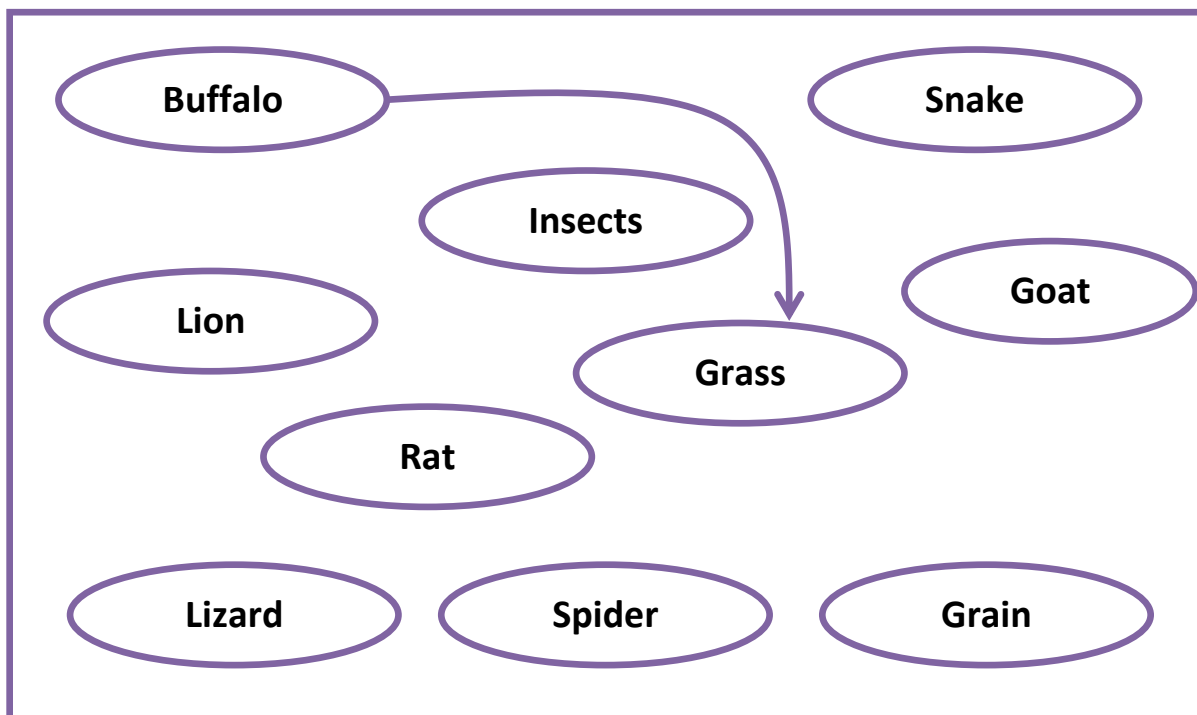
Fig.



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2. Connect the animals with the food it eats by an arrow using different colours in Fig. One is done for you.



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II. Long Answer Type Questions.

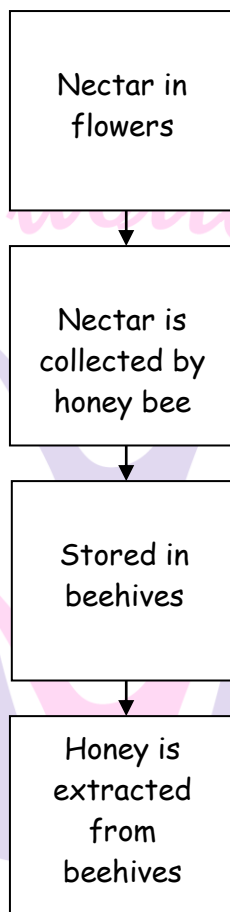
1. With the help of a flow chart show various contributors involved when we eat a chapatti. Various contribution involved in making chapatti.



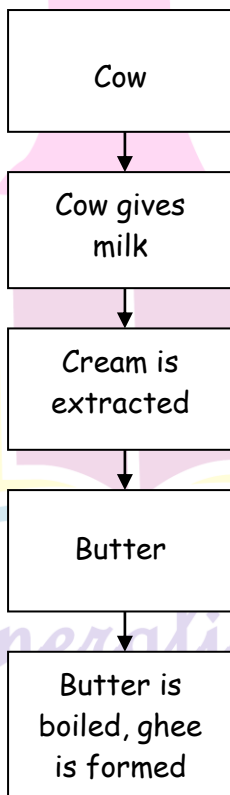
Next Generation School

2. Make flow charts for the preparation of honey and ghee.

Preparation of honey:



Preparation of ghee:



3. Differentiate between herbivores, carnivores and omnivores. Give two examples of each.

Herbivores	Carnivores	Omnivores
Animals which eat only plants, plant parts and plant products are called herbivores. Example - Cow, Deer and Elephant	Animals which eat other animals are called carnivores. Example - Lion, Tiger	Animal which eat both plants and animals are called omnivores. Examples - Dog, Human beings.

4. i. Name the different parts of a banana plant that are used as food.

Flower, fruit and stem of banana are used as food.

ii. Name an Animal food we get from water resources.

Fish, prawn, lobster and crabs.

iii. Name the Four fruits which we eat as vegetables.

Tomato, brinjal, ladyfinger (bhindi), cucumber.

5. Give two examples of each.

i. Herbivores

ii. Carnivores

iii. Omnivores

iv. Scavengers

v. Plants whose stem is edible

vi. Plants whose root is edible

i. Cow, Sheep	ii. Lion, Tiger	iii. Human, Cat	iv. Vulture, Jackal
v. Potato, ginger	vi. Carrot, Radish		

6. Compare the food of your friends in a day.

Name of the Friend	Food items eaten in a day
1. Ram	Roti, Rice, Vegetable, Dal, Milk, Ghee, Fruits
2. Shyam	Dosa, Idli, Sambhar Vada, Milk, Fruits, Coconut Oil, Spices
3. Rita	Poha, Dal, Dhokla, Vegetables, Lassi, Rice, Groundnut Oil

III. Long Answer Type Questions

1. Classify the following animals into herbivores, carnivores and omnivores:

Rat, lion, tiger, spider, house lizard, cow, human beings, butterfly, crow.

Herbivores	Carnivore	Omnivore
Cow, butterfly	Lion, tiger, spider, house lizard	Human beings, crow, rat

2. Do you find that all living beings need the same kind of food?

No, different animals have different food requirements. Some fulfil their nutrient needs by eating animals and other need plants. Depending on the types of food living beings eat, they are classified into.

- i. Herbivores : Animals which eat only plants are called herbivores, Example, cow, goat, etc.
- ii. Carnivores : Animals which eat only animals are called carnivores. Example, tiger, lion, etc.
- iii. Omnivores : Animals which eat both plants as well as other animals are called omnivores, Example, man, dog, etc.
- iv. Scavengers : Animals which eat dead plants and animals are called scavengers. Example, vulture, hyena, etc.

3. Name five plants and their parts that we eat.

Plant	Their edible part
Radish	Root
Potato	Stem
Tomato	Fruit
Pomegranate	Seed
Cauliflower	Flower

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I. High Order Thinking Skills (Hots) Questions

1. Why are potatoes considered stems and not roots?

Potato is a stem vegetable. The potatoes grow on underground stems, called stolons, Potato tubers are thickened stem because they have buds that sprout stems and leaves. Root don't do that.

2. Why is food present in the root of some plants, although it is made in the leaves?

Food is present in the roots of some plants, although it is made in the leaves because root system also provides support for plants in the form of an anchor in the soil. E.g., carrots store food in their roots and live on it all winter and in summers, a new plants grows from these roots.

3. Does everyone around you get enough food to eat? If not, why?

No, everyone around us does not get enough food to eat because of lack of food and poverty. There is lot of wastage of food and poor people cannot afford to buy enough food for themselves and their families.

4. It is said that man gets energy from sun indirectly. How?

Man eats either plants or herbivorous animals, which feed on plants. Plants in turn prepare the food only when they get energy from the Sun. Therefore, indirectly man gets energy from Sun.

5. Is eating excess of food correct? Give reason to support your answer.

No, because eating excess food can harm our body as it is not digested easily.

6. Fish-eating is more common in the states of West Bengal and Odisha than in Punjab and Uttar Pradesh. Why?

Food habit is affected by production and supply. Since West Bengal and Odisha are coastal areas, fish is abundantly available here but not in Punjab and Uttar Pradesh as these are not coastal areas.

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Value Based Type Question

1. Ravi does not eat enough food per day. His mother advised him to eat enough food.

a. What are the function of food?

b. What values were shown by his mother?

Answer: a. The functions of food are as follows:

- i. It helps in the growth and development of a living organism.
- ii It provides energy to do physical work.
- iii. It helps to perform body functions.

b. Love, caring.

2. What are the ways we can think of to avoid wastage of food?

Wastage of food can be avoided by following ways.

i. Eat your tiffin in school recess fully and do not leave or throw the food meant for you to eat. If there is excess food in the tiffin then share the same with your friends and inform your parents for the next day to give you the food that you can eat.

ii. While eating your meals in your homes or outside ask for the food and the quantity only which you can and need to eat.

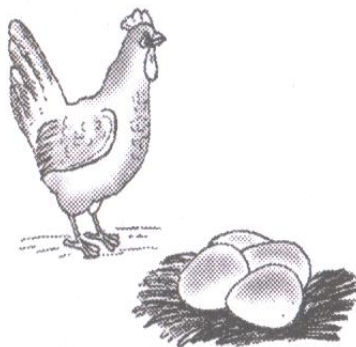
iii. Keep food well preserved away from the reach of rats, squirrels and ants.

iv. Suggest your mother for domestic help to cook the food in the desired quantity only.

Excess food if cooked may be stored well in the refrigerator and its becoming stale may be avoided.

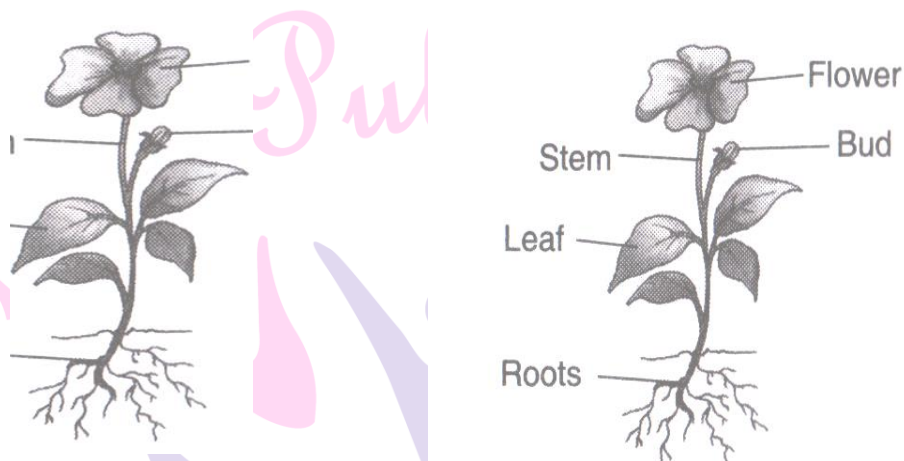
Skill Based Type Question

1. Observe the following diagram and name the animal and the food provided by it.



The name of the animal is hen. The food provided by a hen on the basis of this diagram is egg.

2. Draw a diagram of a plant heaving roots, stem, leaves, bud and flower and label them.



3. Observe the following diagram and name diagram A and diagram B. Which of these two has more food value?

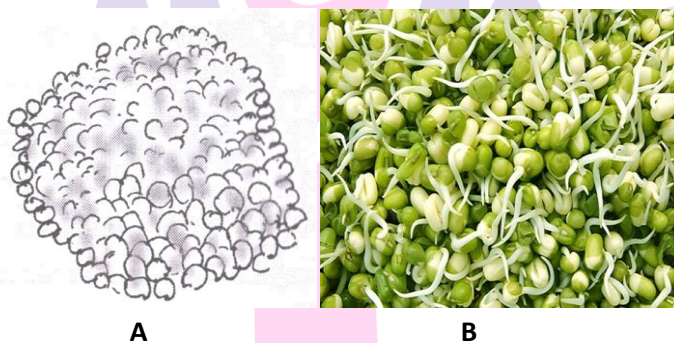
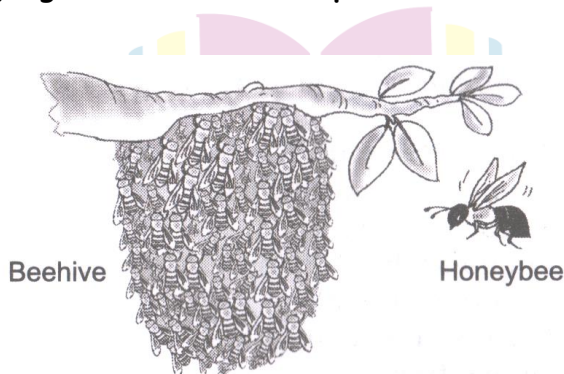


Diagram 'A' shows non-sprouted seeds (normal seeds). Diagram 'B' shows sprouted seeds. Sprouted seeds give more energy and vitamins. So they have more food value.

4. Identify the following figure. What is its importance for mankind?



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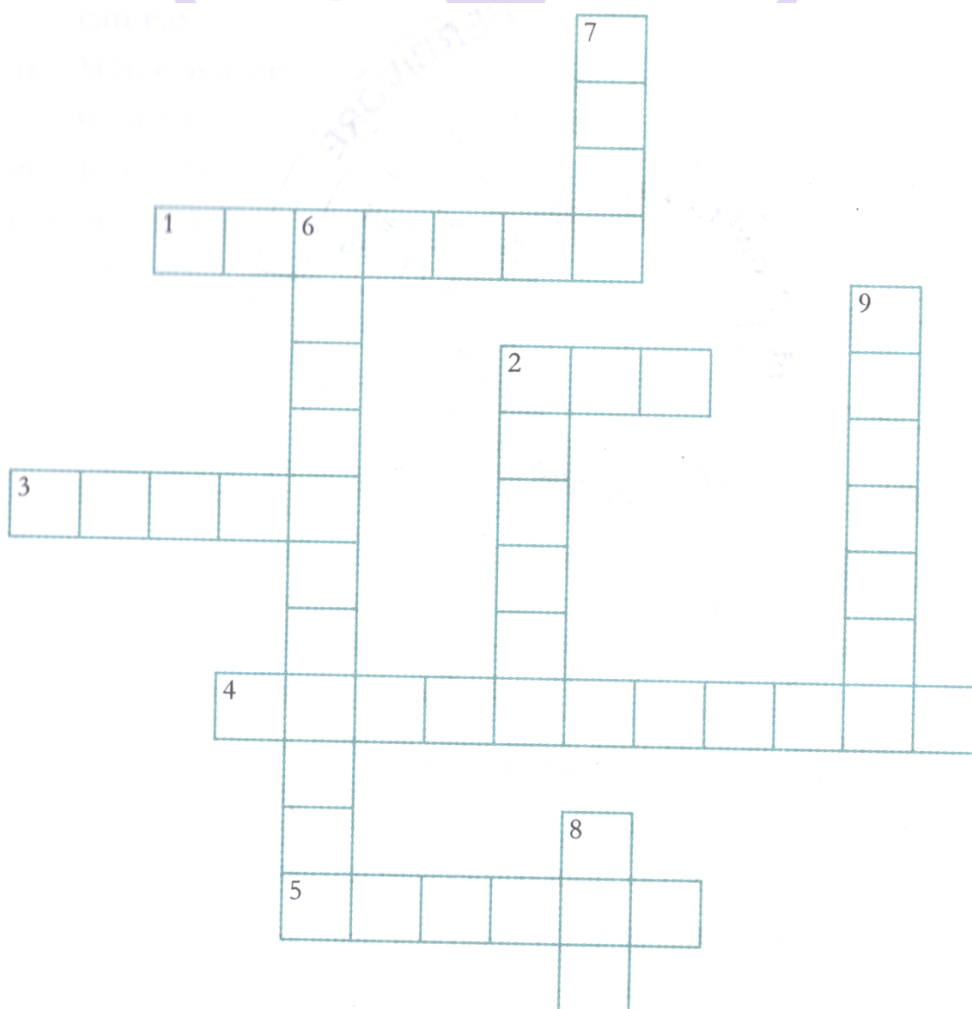
The given diagram is of a beehive. This diagram show beehive in which nectar is stored as honey by honeybees. Honey consists of water, sugar, minerals and enzymes. It is easily digestible, used in medicines as an antiseptic (which destroys the growth of micro-organisms).

5. Identify the animal shown in the figure and write the food habit.



The animal in the figure is a squirrel. Its food habit is herbivorous. i.e., it eats fruits and seeds of plants.

6. Solve the crossword puzzle with the clues given below.



Across

- | | |
|---|-------------------------------|
| 1. Dry grapes eaten as dry fruit | 2. A milk yielding animal |
| 3. A cereal | 4. People who do not eat meat |
| 5. Plant parts that add flavour to food | |

Down

- | | |
|--|--------------------------------|
| 2. A root that is eaten | 6. Things added to make a dish |
| 7. A poultry product | 8. An animals that lays eggs |
| 9. Fish are a rich source of this nutrient | |

Answer: Across

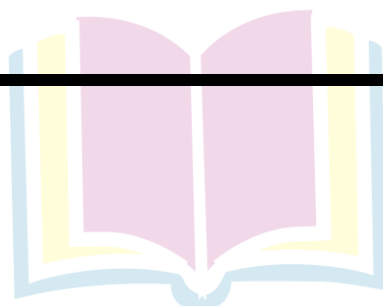
- | | |
|------------|----------------|
| 1. raising | 2. cow |
| 3. maize | 4. vegetarians |
| 5. spices | |

Down

- | | |
|------------|----------------|
| 2. carrot | 6. ingredients |
| 7. eggs | 8. hen |
| 9. protein | |

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