Chapter **9**

**Cooking and Eating Habits**

1. Make a list of food eaten by you in breakfast and lunch and in front of them write whether they are eaten raw or cooked.

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| **S.N** | **Name of the food** | **Eaten raw or cooked** |
| **1** | **Banana** | **Raw** |
| **2** |  |  |
| **3** |  |  |
| **4** |  |  |
| **5** |  |  |
| **6** |  |  |

1. I have plate full of food. There is a bowl of pulses, bowl of boiled vegetables, idlis , bowl of salad, a piece of cake. Write down all this food in a table and in front of them write which methods have been used for cooking it.

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| **S.N** | **Name of the food** | **Method used for cooking** |
| **1** | **A bowl of pulses** |  |
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1. Geeta loves to eat pakodas, chappatis and jalebis , State the method used for cooking the food she loves to eat.
2. Make a chart listing different methods of cooking used by your mother and list the benefits and disadvantages of the methods.
3. Correct the given statements
4. We must not wash the food items before they are eaten.
5. Uncooked food is germ free and safe to eat.
6. Food can be cooked by freezing it in water for some time.
7. Steaming increases the duration of cooking.
8. Foods like idli and dhokla cannot be prepared by steaming.
9. Baking is usually done in a freezer.
10. Pakodas and jalebis are made by baking.
11. Chappatis are usually made by indirect heating over flame.
12. Different cooking methods require utensils of the same type.
13. Why are milk boiled before consuming?
14. How can we obtain steam for cooking?
15. Name the one of the oldest method of cooking.
16. Define the following terms
17. Baking
18. Ingredients
19. Preservation
20. What is the need to cook food?
21. Before the discovery of fire in what form was the food consumed ?
22. Why should the cooking be done carefully?
23. Complete the following
24. Cooking makes food soft, tasty and \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
25. Too much cooking can destroy many of the nutrients \_\_\_\_\_\_\_\_\_\_\_.
26. Carrot and radish are often eaten raw as are good \_\_\_\_\_\_\_\_\_\_\_\_\_.
27. Food can be cooked \_\_\_\_\_\_\_\_\_\_.
28. A\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are often used for boiling.
29. A \_\_\_\_\_\_\_\_\_\_\_\_ can be used for steaming.
30. Cakes, biscuits and breads are made by \_\_\_\_\_\_\_\_\_\_.
31. \_\_\_\_\_\_\_\_\_\_\_\_ is not very healthy method of cooking food.
32. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is one of the oldest methods of cooking.
33. \_\_\_\_\_\_\_\_\_\_\_\_ are often cooked by direct heating on fire.
34. Why is steaming considered a healthy method of cooking?
35. The student should visit the kitchen of his mother and make a list of utensils present in the kitchen and also state the cooking method they are used for.
36. How is frying of food done?
37. What are the different foods prepared by boiling?
38. Which kind of cooking methods make food easy to digest?
39. How is direct heating different from indirect heating?
40. List the different methods of cooking food and give 2 examples of food prepared by the mentioned method.

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**Chapter 10**

**Water**

1. Make a chart showing at least three daily activities in our life that require water.
2. Look around the place you live and list the major sources of water.
3. Name the two natural sources of water. State whether both natural sources are present in the area you live.
4. In which time of the year does your area get rain. Note down the changes rain can bring about in the area and different animals and plants.
5. Correct the given statements
6. About half the surface of earth is covered with water.
7. Picnic spots are often developed away from lakes and river.
8. River, lakes, ponds and well get water mainly from ocean.
9. Rain is the least important natural source of water.
10. Plants look pale and less green after rainfall.
11. We get purified water at home through the hand pump.
12. Rivers are not useful source of energy.
13. A dam stores air in it.
14. During summer, a part of snow melts and changes into water vapour.
15. Water is not essential for all living beings.
16. Name the living things where you can find water.
17. Name the sources of water in cities and villages other than tap.
18. Define the following terms
19. Ground water
20. Dam
21. Irrigation
22. Hydroelectricity
23. Why are the picnic spots developed near lakes and rivers?
24. From where do the lakes, rivers and ponds get their water?
25. Complete the following statements
26. Water is present in fruits,\_\_\_\_\_\_\_\_\_\_, leaves , flowers, \_\_\_\_\_\_ and even in our breath.
27. Water is drawn from underground with the help of \_\_\_\_\_\_\_\_\_\_.
28. Lake, ponds, wells, rivers, seas and oceans cover a very \_\_\_\_\_\_\_\_\_\_\_\_ of the earth.
29. \_\_\_\_\_\_\_\_\_\_ is the most important source of water.
30. In many places\_\_\_\_\_\_\_\_\_\_\_\_\_ is purified for drinking.
31. On a rainy day you might see a \_\_\_\_\_\_\_\_ merrily dancing.
32. The \_\_\_\_\_\_\_\_\_ falls as small white cotton like flakes.
33. When snow melts into water it flows down \_\_\_\_\_\_\_\_\_\_\_ into rivers and \_\_\_\_\_\_\_\_.
34. \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_ are the rivers of northern India
35. India has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the east.
36. River water is sometimes diverted into\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to be used for irrigating fields.
37. A dam \_\_\_\_\_\_\_\_\_\_\_ river \_\_\_\_\_\_\_\_\_\_ in it.
38. The longest river of the world is the \_\_\_\_\_\_\_\_\_\_ in Egypt.
39. Trees, roofs of houses and the hills get covered with\_\_\_\_\_\_\_\_\_\_\_ in winters in hill stations.
40. I visited Shimla on 31 December last year and when I had looked around, I had found everything was covered with a white sheet. Name the substance that forms the white sheet. b) What will happen to this sheet during summer?
41. Why are dam made across the rivers?
42. Name any 2 rivers of north India and the places located on its bank.
43. India is surrounded by oceans and seas on south ,east and west , justify this by naming them
44. Take a map of India and locate 2 rivers in the north and south India.
45. How does the Snow act as source of water?
46. How is water stored in dam used to generate electricity?
47. What is the natural source of irrigation for crops?
48. How does the rain help the plants to look greener and fresh?
49. List down three dams in India and the rivers along which they are constructed.
50. Write a paragraph on how rain affects plants, animals and the environment in your area.