**Chapter 7**

**FOOD**

1. The student should note down the different food items they eat in the breakfast, lunch and dinner. Then classify them in two groups that is food from plants and food from animals.
2. Geeta has daily in her breakfast – 2eggs, 1 glass of milk, one banana and 2 pieces of bread.

Write down the various nutrients present in the food items eaten by breakfast.

|  |  |  |
| --- | --- | --- |
| S.N | Name of the food items | Nutrients in the food |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |

1. Now days the people are advised to take vegetables and fruits in their diet as there is spread of Corona virus, why?
2. For growing children, it is seen that diet should contain more of proteins, carbohydrates and fats, why?
3. Why do people need different amount of balanced diet?
4. A person doing lot of physical work is suggested to have food rich in carbohydrate and fats, why? Suggest some food items that should be part of his diet?
5. Supposing a boy of 10 years has just milk and its product throughout day and nothing else. Will his body show proper growth and function or not? State reason for the answer.
6. Old people generally not very active therefore what nutrients are needed in less quantity by them?
7. Complete the given statements
8. A diet that contains all the nutrients, roughage and water in the right amount is known as the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
9. Different \_\_\_\_\_\_\_\_\_\_ perform different functions in our body and help us to stay \_\_\_\_\_\_.
10. \_\_\_\_\_\_\_\_\_\_ does not provide any nutrient to our body but helps our body to get rid of undigested food.
11. Sunlight, milk, eggs, butter, fish, cod liver oil are sources of \_\_\_\_\_\_\_\_\_\_\_\_.
12. The foodstuff containing \_\_\_\_\_\_\_\_\_ and minerals are known as \_\_\_\_\_\_\_\_\_\_\_.
13. Our body needs \_\_\_\_\_\_\_\_\_\_\_\_ in small quantities only.
14. Food stuffs containing proteins are called \_\_\_\_\_\_\_\_\_\_\_\_\_.
15. \_\_\_\_\_\_\_\_\_\_\_\_ is necessary for good eye sight and healthy skin.
16. Correct the given statements
17. Water is not essential for our body to grow properly.
18. Absence of any nutrients in the diet does not cause any disease.
19. Vitamin D is needed for proper functioning of blood vessels.
20. Vitamins and minerals are the nutrients which help in growth of body.
21. Carbohydrates and proteins are energy giving foods.
22. The food items we eat come from only plants.
23. Potato and eggs are rich in carbohydrates.
24. Dry fruits are rich in carbohydrates.
25. We do not need various nutrients for our body healthy and strong.
26. Does one gram of fat and one gram of carbohydrate give same amount of energy to us?
27. Complete the given table

|  |  |  |
| --- | --- | --- |
| S.N | Name of the nutrients | Source of the nutrients |
| 1 | Carbohydrates |  |
| 2 |  | Butter, Ghee |
| 3 | Proteins |  |
| 4 | Vitamins and Minerals |  |

1. ‘Even though roughage does not give any energy, it is essential part of its diet.’Justify.
2. Make eat well plate for yourself.
3. Complete the flow chart

Calcium

Phosphorus

Necessary for proper growth and development of body

Iron

Iodine

Minerals

1. Why are people who are not able to utilise the calcium properly for strengthening of bones and teeth?
2. Complete the given table

|  |  |  |  |
| --- | --- | --- | --- |
| S.N | Name of Vitamins | Source of Vitamins | Function of Vitamins |
| 1 | Vitamin A |  |  |
| 2 | Vitamin B |  |  |
| 3 | Vitamin C |  |  |
| 4 | Vitamin D |  |  |

1. Why are potatoes, sugar, honey and wheat known as energy giving foods?
2. What are body building foods?
3. What food items should we have to have protective foods?
4. Which mineral is needed for formation of haemoglobin in the blood?

**Chapter 8**

**Water Scarcity and Conservation of water**

1. The student should look around there house and write down about the availability of water in the area now. Then the student who have been living in that area for many years and try to find out whether the availability of water about 10 years back was same or not.
2. Based on the information collected in question 1 suggest the different reasons for change in the availability of water.
3. Every now and then there is news that very little water is available for man .State the various factors which are leading to decrease in water?
4. Now days in India many states have it mandatory to have rain water harvesting in every school, home, office and factory. What is the reason for doing so?
5. Make a collage showing the daily usage of water in a house.
6. Write a paragraph on water conservation.
7. Make a chart showing different methods by which water can be conserved.
8. Correct the given statements
9. Regions getting heavy rainfall are never flooded.
10. Rain water harvesting does not help in conserving the ground water.
11. Field should be over-irrigated to conserve water.
12. The setting up of factories increases the supply of water in an area.
13. Decrease in number of trees leads to increase in the rainfall.
14. Decrease in population leads to increase in demand of water.
15. Moon is known as the blue planet.
16. Half of the earth is covered with water.
17. Why do we need to conserve water?
18. What do you understand by deforestation? How has this effected the change in the availability of water?
19. What are the various factors leading to scarcity of water?
20. Complete the given statements
21. The \_\_\_\_\_\_\_\_\_\_ water is salty and cannot be used for our \_\_\_\_\_\_\_\_\_\_.
22. The \_\_\_\_\_\_\_\_\_\_\_ \_ is available in rivers, streams or lakes and can be used for our daily needs.
23. More people need \_\_\_\_\_\_\_\_\_\_ water but the supply is not \_\_\_\_\_\_\_\_.
24. Rain and Snow are the two main \_\_\_\_\_\_\_\_\_\_\_\_\_ of water.
25. At present, the number of trees being \_\_\_\_\_\_\_\_ is \_\_\_\_\_\_\_\_ that being planted.
26. The factories fulfil the need of large amount of water by using \_\_\_\_\_\_\_\_\_\_\_\_.
27. Do not throw away water used for washing vegetables, use it for \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_.
28. Do not keep the tap running while brushing teeth or \_\_\_\_\_\_\_\_\_\_\_.
29. Proper and careful utilisation of water, avoiding its wastage , and maintaining the amount of water in its sources is called \_\_\_\_\_\_\_\_\_\_\_\_.
30. \_\_\_\_\_\_\_\_\_\_\_\_ can be used for irrigation to reduce the wastage of water.
31. All of us need to realise that every drop of water is important for \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ on the earth.
32. Define the terms
33. Deforestation
34. Water conservation
35. Blue planet
36. Complete the flow chart

Factors causing shortage of water

1. What will happen if we continue to waste our water resources carelessly?
2. How can the rain water be harvested?
3. Why are dams constructed by us?
4. State the ways by which we can conserve water on large scale.
5. List the ways by which we can conserve water in our daily life.
6. How can balance in nature help us?
7. The factories are being set up to fulfil the demands of people but at the same time are not good for conservation of water, explain.
8. All of us must , take a pledge to do our bit to save every drop of water, why?