

Chapter 7

Birds and their Nest

1. Fill in the blanks
 - a) Birds are chirpy and_____.
 - b) Since birds can fly they are known as _____animals.
 - c) Birds can fly in air because have _____bones which makes their body light.
 - d) Birds use their _____ and _____ to catch food and build their nest.
 - e) Birds remain safe from enemies and _____ in their nest.
 - f) Birds start making their nest in the month of_____.
 - g) _____ builds its nest on or near the topmost branches of tree.
 - h) Barbet makes it nest in the _____of tree trunk.
2. Define the terms
 - a) Aerial animals
 - b) Migration
3. State whether given statements are true/false
 - a) Birds can easily fly and float in air.
 - b) Birds have pointed, sharp, boat shaped boat.
 - c) The birds make nest to store food.
 - d) The tailor bird stitches the leaves with its beak using small twig to make its nest.
 - e) The crow does not make his own nest.
4. Multiple choice questions
 - A. Which of the factors in the bird does not help to fly
 - a) Hollow light bones
 - b) wings made up of feather
 - c) boat shaped
 - d) beak and claws
 - B. Birds are known as aerial animal because
 - a) It can fly in air
 - b) walk on the ground
 - c) swim in the water
 - d) none of the above.
 - C. The _____ mostly work in pair to make nest.
 - a) Crow
 - b) Sparrow
 - c) Koel
 - d) Wood pecker
 - D. Which of them has a nest generally hanging on the branches of trees?
 - a) Crow
 - b) Tailor bird
 - c) Sun bird
 - d) wood pecker
5. Answer the following questions
 - a) What makes the body of bird light?
 - b) How do the beaks and claws help the birds?
 - c) Name a bird that makes nest on or near the topmost branches of the tree.
 - d) Name the material used as thread by weaver bird to stitch and make nest.
 - e) Name a bird that does not make its own nest and lays egg in the nest of crow.
 - f) What material is used by Penguin to make its nest.
 - g) Why do birds living in cold regions fly to warmer areas?
 - h) Name 2 birds seen in India only in winters only.

- i) What is the process of movement of birds from colder areas to warmer areas known as ?
6. Make a collage of birds using the pictures of birds around the house.
7. Make a list of birds that cannot fly.
8. Identify me
 - a) I am a bird and I make my nest by stitching leaves with the help of my beak and twigs.
 - b) I am bird and I make my nest in the hole of tree trunk.
9. Observe the picture given below and answer the question



- a) Name the bird in the picture.
- b) What are the materials used by the bird for making its nest?

Chapter 8

FOOD

1. Fill in the blanks

- _____ provides us many forms of food material.
- Dosas and idlis are prepared from the paste of ground _____ and _____
- _____ gives us energy to work.
- Pulses like dal, peas help us to_____.
- _____ can provide lot of energy to us and keep our body warm,
- _____ are good for our health.
- _____ is common food used all over the world.
- _____ is specially important for growing children.

2. Match the following

Column A	Column B
Lotus stem	Protects us from disease
Cereal	Gives us energy and warmth
Fruits	Helps us to grow
Pulses	Gives us energy
Nuts	Underground stem

3. State whether given statements are true/ false.

- Different people need and eat different amount of food.
- Milk is good source of nutrients for old people only.
- Fruits and green leafy vegetables give warmth to our body.
- Dal are seeds that are boiled and spices added before eating them.
- Flour of cereals is obtained by grinding the grains.

4. Multiple choice questions

- We eat cereals like wheat, rice because
 - It gives us energy
 - it helps to grow
 - it gives us warmth
 - none of the above
- The underground stem is eaten as vegetable all over the world is
 - Orange
 - Potato
 - Carrot
 - Melon
- Which of the food we like to munch in winter?
 - Spinach
 - Almond
 - Curd
 - Melon
- What help to protect us from disease?
 - Wheat
 - Fish
 - Green vegetables
 - Nuts

5. Give reasons for the following

- We should eat fruits and vegetables.
- We like to munch nuts in winter.
- From birth till about 4 months of age, small babies take milk only.

6. Answer the following questions

- Name 2 fruits that are cooked and eaten as vegetables.

- b) Name 2 leaves of plant eaten by us.
 - c) Name 2 plants where seed are eaten as grains.
 - d) What does the diet of growing children and young person include?
 - e) We should include fruits and vegetables in our diet, Justify.
 - f) Why does the food eaten by different people vary?
7. The student should make list of the food eaten by them and write their source

S.N	Name of the food	Source of the food
1	Slice of bread	Plants

8. The student should write down the list of people in their house and write down the kind of diet that person has and why for example
- 1. Servant – has food consisting of large number of chappatis- needs energy for doing physical work.
- After writing this they will be conclude the factors responsible for difference in diet.