

Chapter 7

Food

1. Fill in the blanks

- Food, that we eat provide various _____ to our body to keep us healthy and strong.
- Fats not only provide energy to our body but also keep us ____.
- Protein helps our body to _____ and _____ the worn out tissue.
- Our body needs _____ in small quantity only.
- _____ is the fiber present in the food.
- Old people, who are not active, need _____ energy.
- Absence of any one of the nutrients may cause _____.
- _____ is essential for our body to function properly.
- _____ does not provide any nutrients to our body.
- _____ and minerals are the nutrients which protect our body from diseases and keep us healthy.

2. Match the following

Column 1	Column 2
Vitamins	Keeps body warm
Water	Protects our body
Carbohydrate	Iron
Roughage	Gives energy
Fats	Fiber present in food
Minerals	Absorption of nutrients

3. State whether given statements are true/false

- Growing children need diet that contains more of protein, carbohydrate and fats.
- The water in the diet does not help in the absorption of nutrients in the body.
- We get roughage mainly from fruits, vegetables, pulses and whole grains.
- Iodine is required for healthy bones and teeth.
- Vitamin B is needed for keeping gums healthy.

4. Multiple choice questions

- _____ is energy giving foods.
a) Vitamins b) Mineral c) Carbohydrate d) Protein
- _____ is necessary for good eye sight and healthy skin.
a) Iron b) Vitamin A c) Calcium d) Vitamin C
- People need _____ amount of nutrients according to their age and the work they do.
a) Same b) different c) equal d) none of the above
- _____ is diet which contains nutrients in appropriate amount,
a) Proteins b) balanced diet c) Roughage d) none of the above
- _____ is mineral required for healthy bones and teeth.
a) Iodine b) Calcium c) Iron d) none of the above.

5. Give reasons for

- Old people need less carbohydrates and fats.

- b) We should drink at least 8-10 glasses of water every day.
 - c) We must have fiber even though it does not provide any energy.
 - d) Food stuffs containing vitamins and minerals are known as protective foods.
6. Answer the following questions
- a) Name the building block nutrients.
 - b) What happens when a particular nutrients remains missing from diet of children?
 - c) State the main role of carbohydrate in our body.
 - d) What is a balanced diet?
 - e) Even though water does not give any energy it is important part of our diet, Justify.
 - f) Name the vitamin needed for proper functioning of blood vessels, for keeping gums healthy.
Also mention the source of the above mentioned vitamin.
 - g) What will happen to a person if his diet does not contain roughage?

7. The student should make a list of different food they have during a day and then complete the table

S.N	Name of food	Nutrients in the food	Function of the nutrients
1	Bread	Carbohydrates	Gives energy to the body

8. Complete the table

S.N	Name of Vitamin	Source	Function
1	Vitamin A		

9. Make a list of food items which should be in larger quantity of a growing child, person carrying on lot of exercise. Also state reason for it.

Chapter 8

Water Scarcity and Conservation of Water

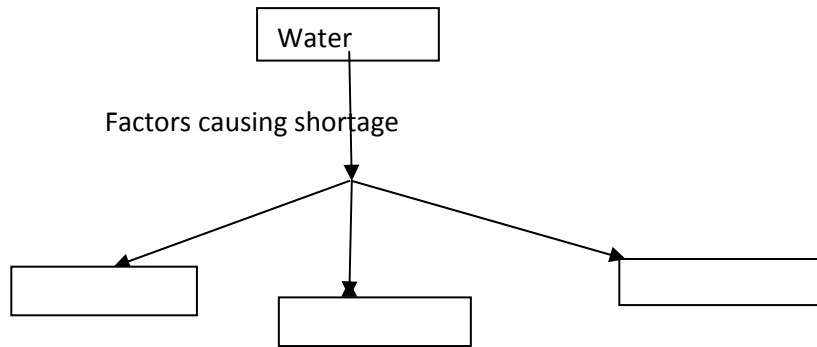
- Fill in the blanks
 - The _____ water is salty and cannot be used for daily needs.
 - The amount of rainfall _____ due to changes in climate
 - _____ means cutting of trees in the forest.
 - Factories fulfill the need of water by using _____ water.
 - The crops can also die due to lack of _____.
 - Proper and careful utilization of water, avoiding its wastage and maintaining the amount of water in its different sources is called _____.
 - To conserve water on large scale _____ of fields should be checked.
 - _____ may also be collected in overhead tanks.

- Match the following

Column 1	Column 2
Blue planet	Used for irrigation
Population	Leaking taps and pipes should be repaired immediately
Deforestation	Demand of water
Water conservation	Decrease in rainfall
Sprinkler	Earth

- State whether given statement are true/ false
 - Three fourth of earth surface is covered with water.
 - With increase in population there is decrease in demand of water.
 - Rain and snow are the main natural source of water.
 - At present, the number of trees **being cut is more than that being planted.**
 - Factories fulfill their need of water from the ocean water.**
- Multiple choice questions
 - Earth is called the blue planet because
 - Three fourth of its surface is covered with water
 - one fourth of its surface is covered with water
 - one half of its surface is covered with water
 - none of the above
 - In which one of them fresh water is not present
 - Ocean
 - river
 - stream
 - lakes
 - What leads to increase in demand of water
 - Deforestation
 - setting up of factories
 - Irrigation
 - change of climate
 - Dams are constructed to
 - Check rain
 - Checks flood
 - Checks ground water
 - none of the above
- Answer the following questions
 - Why is earth known as blue planet?
 - How does increase in the population cause shortage of water?
 - Name 2 main natural source of water.
 - Why is the rainfall and snowfall decreasing?

- e) How can planting of tree help us?
 - f) What has led to sharp decrease in the level of underground water?
 - g) Why do we need to harvest rain water?
 - h) How can we conserve water in our house?
6. Make a poster stressing the need of conserving water.
7. Complete the flow chart



8. Students should carry out survey around their home and note the homes there is rain water harvesting system. After that write a letter to resident welfare association to encourage the residents to have rain harvesting system in their homes and how this would help in conserving water.
9. The student sees that his neighbor water the plants using pipes and wash their cars by connecting pipe to the taps. Do you think methods followed by them are right/ wrong. State the reason for the answer.