

The Northern Mountains

Subject - Social Science, class - IV

In this chapter you will learn about the Northern Himalayas.

- Northern Himalayas are located at the top of our country.
- These mountain consist of the highly Himalayas and the Karakoram range.
- The word Himalayan means 'abode of snow' as a large act of these mountains are covered with snow throughout the year.

① Himalayan range include these ranges:-

- (a) The Greater Himalayas , Himadri
- (b) The Middle Himalayas , Himachal
- (c) The outer Himalayas , Shiwalik.

② wildlife in Himalayas

Yaks , goats , snow leopards , musk are some of the wildlife of northern mountain.

③ Vegetation -

Vegetation in Himalaya region include shrubs , mosses , Pine , oaks , apples , plum , rice , sugarcane , wheat etc.

④ Life of in Himalayas:

Himalayan region include Jammu & Kashmir , Himachal Pradesh , Uttarakhand , Sikkim ~~and~~ , West Bengal and North eastern states.



Page no. 8

Question and Answer:

Q.1. where are the Northern mountains located?

Ans:- The Northern mountains are located at the top of our country.

Q.2. which is the southernmost range of the Himalayas?

Ans:- The southernmost range of the Himalayas is called Shiwalik.

Q.3. what do people use to cross a mountain?

Ans:- People use passes to cross a mountain.

Page no-13 Q And A

1. Name the capital of Kashmir — Srinagar
2. what do you mean by 'Dev Bhumi' — Land of Gods.
3. which place gets the heaviest rainfall in the country? — Meghalaya.

Page no 14

Q. No (A) Multiple choice Questions

Answer: —

1. North — west
2. Shiwalik
3. South
4. climate
5. Dussehra

Page-14 Q. (B) Fill in the blanks:-

Answer:-

1. Middle Himalayan
2. Pass
3. Prone
4. Sikkim
5. Gangtok
6. Tourists

Q. No. C

True OR False

Answer:

1. False
2. True
3. False
4. False
5. True

Page no-15

Q. No. D. Match the following

Answer:-

1. Dhaulagiri - (d) 8,172
2. Makalu - (e) 8,481
3. Mount Everest - (a) 8,848
4. Nanga Parbat - (b) 8,125
5. Nanda Devi - (c) 8,817

Q. No. E

One Liners

1. Q:- What do you mean by K<sub>2</sub>?

Ans:- The second highest peak in the world Mount Godwin Austin is known as K<sub>2</sub>.



20. What is a valley?

Ans:- A valley is a low area between hills or mountains and typically with a river running through it.

30. Name any three passes of the northern mountains.

Ans:- Zoji La, Chang La and Shipki La are the three passes of northern mountain.

40. Describe the pilgrimage centres located in Uttarakhand.

40. Describe terrace farming.

Ans:- The slopes of mountains are used for agricultural purposes. This type of farming is called terrace farming.

50. Name the pilgrimage centres located in Uttarakhand.

Ans:- Gangotri, Yamunotri, Badrinath, Kedarnath, Haridwar, Rishikesh are some of the pilgrimage centres located in Uttarakhand.

Q.6- Write any three advantages of the Himalayas.

Ans:- Three advantages of the Himalayas are following -

- i) They protect us from extremely cold winds blowing from the north.
- ii) The forest in Himalayan region provide



us with wood, herbs and other useful products from the Himalayas.

iii. many rivers like the Ganga, the Brahmaputra originating from the Himalayas provide water for irrigation.

### Page 15 sharp Thinking

1. What will happen if the snow cover on the Himalayas starts reducing?

Ans:- If the snow cover on Himalayas start melting, they can cause flood in the nearby areas.

2. Why is Uttarakhand called Dev Bhumi?

Ans:- Uttarakhand is called Dev Bhumi as many pilgrimage centre are located there.

Deepika Senha  
07/05/2020



कक्षा IV

पाठ 1  
विषय - हिन्दी रीडरPage No. 01  
Date

प्रश्न-1. 'जालियाँवाला बाग में वसंत' कविता को याद करें।

प्रश्न 2. कविता की दो गई अधूरी पंक्तियाँ पूरी कीजिए।

1. यहाँ कौकिल नही, \_\_\_\_\_ शोर मचाते,  
 कावे - कावे \_\_\_\_\_ अमर का भ्रम उपजाते।  
 \_\_\_\_\_ भी अघ खिली, मिली है \_\_\_\_\_  
 वे पौधे, वे फूल, शुष्क हैं \_\_\_\_\_ ॥

2. कौमल्य बालक मरे यहाँ \_\_\_\_\_  
 \_\_\_\_\_ उनके लिए गिराना शीशी लाकर।  
 आशाओं से \_\_\_\_\_ हृदय भी \_\_\_\_\_ हुए हैं  
 अपनी प्रिय \_\_\_\_\_ देश से गिन हुए हैं ॥

प्रश्न 3. नीचे दिए अनेक शब्दों के लिए एक शब्द लिखिए

1. जो कली आधी खिली हो \_\_\_\_\_
2. देश के लिए कुर्बान हुआ वीर \_\_\_\_\_
3. फूल से निकलने वाली गंध \_\_\_\_\_
4. समस्त जट्टों का राजा \_\_\_\_\_

प्रश्न 4. नीचे दिए गए शब्द-भुग्मों का अर्थ लिखें।

1. कुल  
 कुल
2. भ्रम  
 भ्रमर
3. मत  
 मात

Subriel Teacher  
Sanskrit



वर्ग IV

पाठ 2.  
विषय:- हिन्दी रीढ़

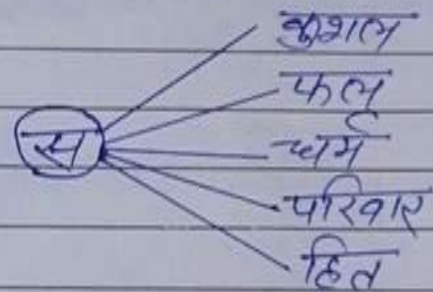
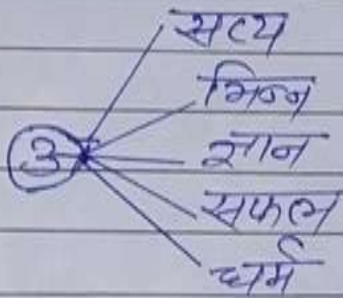
Page No. 01  
Date \_\_\_\_\_

प्रश्न 1. शब्दार्थ याद करें -

- (क) प्रसिद्ध (ख) ज़ोरोंवर करना  
(ग) चैहरा पीला पड़ना (घ) पानी-पानी होना  
(ङ) निर्णय (च) क्षमादान

प्रश्न 2. भाषा ज्ञान

निम्नलिखित शब्दों में 'अ' तथा 'स' उपसर्ग जोड़कर नए शब्द बनाएं -



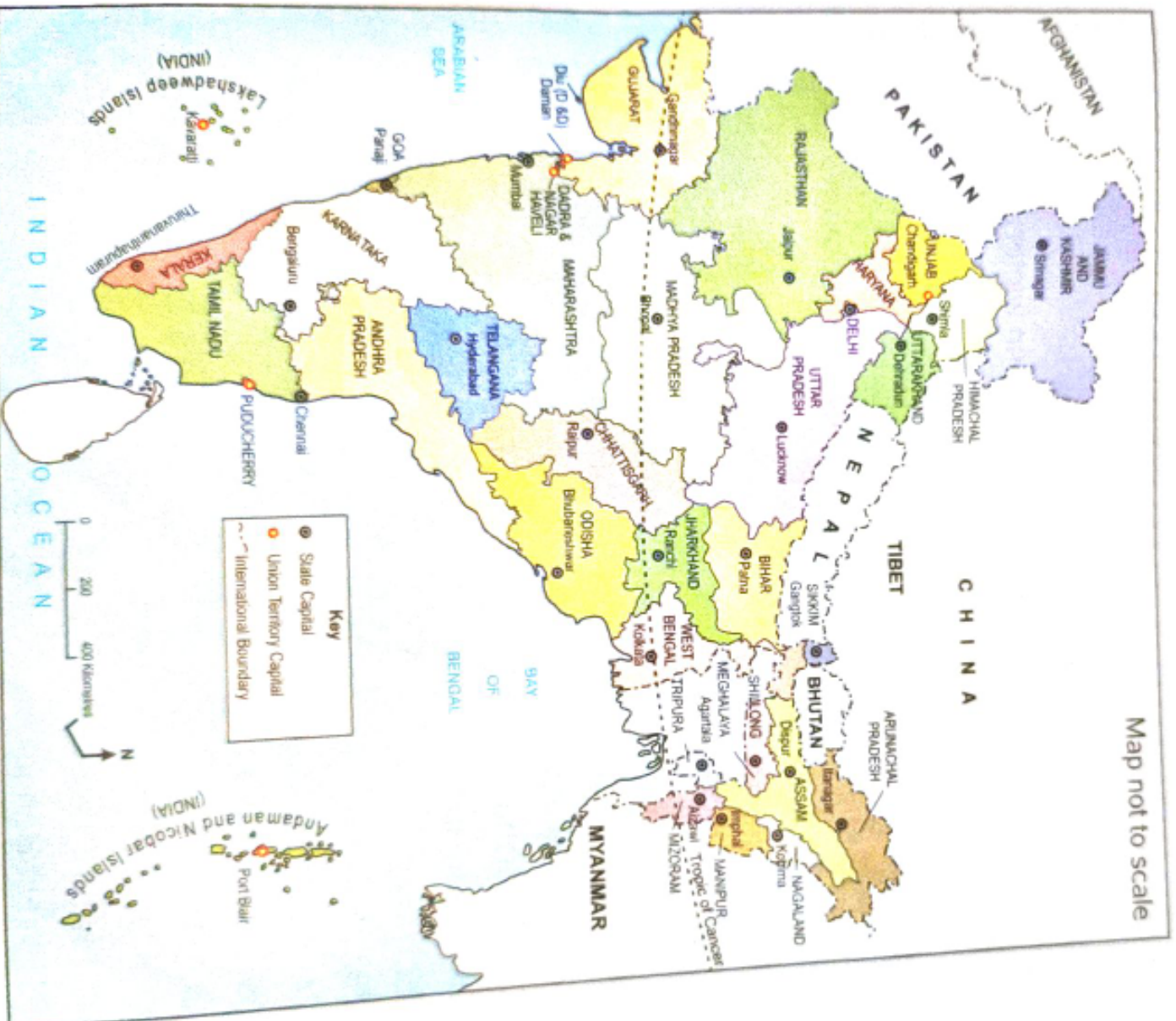
प्रश्न 3. निम्नलिखित मुहावरों के अर्थ लिखें -

1. चैहरा पीला पड़ जाना
2. पानी-पानी होना
3. हवा से बातें करना
4. चार चाँद लगाना



## 1. States and Union Territories

Our country, India, is the seventh largest country in the world. It stretches from Jammu and Kashmir in the north to Kanyakumari in the south and Gujarat in the west to Arunachal Pradesh in the east. It is divided into 29 states and 7 union territories. Every state and union territory has its capital. The map given below shows the states and union territories of India.





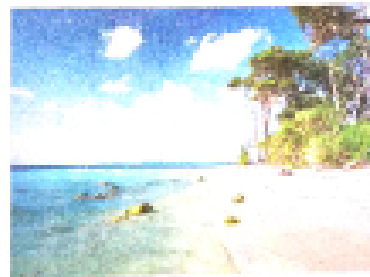
There are 29 states in India. The states and their capitals are listed here.

State	Capital
1. Andhra Pradesh	Amaravati (proposed)
2. Arunachal Pradesh	Itanagar
3. Assam	Dispur
4. Bihar	Patna
5. Chhattisgarh	Raipur
6. Goa	Panaji
7. Gujarat	Gandhinagar
8. Haryana	Chandigarh
9. Himachal Pradesh	Shimla
10. Jammu and Kashmir	Jammu (in winter) Srinagar (in summer)
11. Jharkhand	Ranchi
12. Karnataka	Bengaluru
13. Kerala	Thiruvananthapuram
14. Madhya Pradesh	Bhopal
15. Maharashtra	Mumbai
16. Manipur	Imphal
17. Meghalaya	Shillong
18. Mizoram	Aizawl
19. Nagaland	Kohima
20. Odisha	Bhubaneswar
21. Punjab	Chandigarh
22. Rajasthan	Jaipur
23. Sikkim	Gangtok
24. Tamil Nadu	Chennai
25. Telangana	Hyderabad
26. Tripura	Agartala
27. Uttarakhand	Dehradun
28. Uttar Pradesh	Lucknow
29. West Bengal	Kolkata



- India has 7 union territories. The union territories and their capitals are listed below.

Union Territory	Capital
1. Andaman and Nicobar Islands	Port Blair
2. The Government of NCT (National Capital Territory) of Delhi	Delhi
3. Chandigarh	Chandigarh
4. Dadra and Nagar Haveli	Silvassa
5. Lakshadweep	Kavaratti
6. Puducherry	Puducherry
7. Daman and Diu	Daman



#### Know with Derek

In 2018, the West Bengal assembly passed a resolution to change the name of the West Bengal to Bangla.





## 2. Presidents of India

How well do you know about the presidents of India?  
Tick (✓) the correct option.

1. Who was the first vice-president of India to become the president of the country?  
a. Rajendra Prasad  
b. S Radhakrishnan  
c. Zakir Husain  
d. Krishan Kant
2. Who was the first president of India?  
a. S Radhakrishnan  
b. Rajendra Prasad  
c. V V Giri  
d. Jawaharlal Nehru
3. Who served as the governor of Bihar before assuming charge as president of India?  
a. Pratibha Patil  
b. Zail Singh  
c. APJ Abdul Kalam  
d. Ram Nath Kovind
4. Who was the only woman to serve as president of India?  
a. Pratibha Patil  
b. Meira Kumar  
c. Indira Gandhi  
d. Sheila Dikshit
5. Who took over as president immediately after our first woman president?  
a. S. Radhakrishnan  
b. Zail Singh  
c. Pranab Mukherjee  
d. APJ Abdul Kalam
6. Which former president of India was also a famous scientist?  
a. A P J Abdul Kalam  
b. S Radhakrishnan  
c. Pranab Mukherjee  
d. Shankar Dayal Sharma

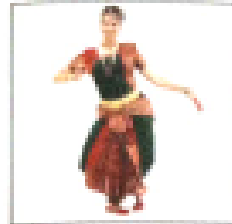
### Know with Derek

The president of India is the Supreme Commander of the Armed Forces of the country.

### 3. Classical Dances of India

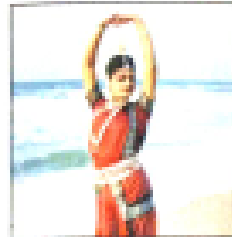
There are eight classical dances of India. Identify to which state or area they belong using the **Help Box**.

1.



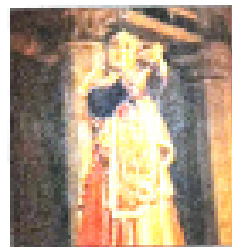
Bharatnatyam

2.



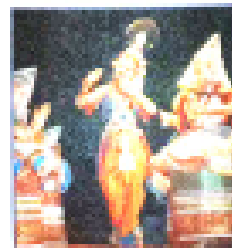
Odissi

3.



Kathak

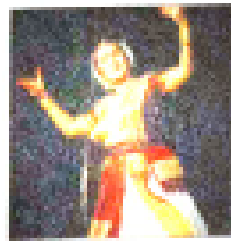
4.



Manipuri

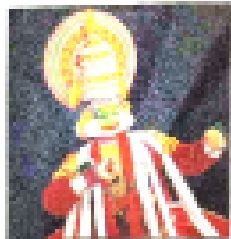


5.



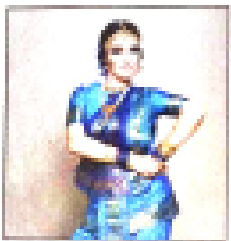
Sattriya

6.



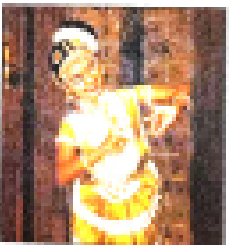
Kathakali

7.



Kuchipudi

8.



Mohiniyattam

Kerala

Andhra Pradesh

Kerala

Assam

Tamil Nadu

Odisha

North India

Manipur

## 4. Sporting Terms



A. Write the names of the sports with which these terms are associated, using the **Help Box**.

1. deuce

2. leg before wicket

3. penhold

4. kick-off

5. drag flick

6. jump serve

7. backstroke

8. upper cut

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cricket

boxing

table tennis

tennis

volleyball

swimming

hockey

football

B. Read the clues and tick (✓) the correct option.

- In cricket, a ball that reaches the batsman without bouncing. full toss/googly
- The person who runs the last leg in a relay race. spine/anchor
- In weightlifting, the rapid lifting of a particular weight from the floor to above the head in one movement. snatch/grab

### • Grow with Derek

Find out what these cricket terms mean, Jaffa, Mankaded, Carrom Ball, Chinaman and Daisy Cutter.





## 5. Olympic Hosts

State whether these statements are true or false.

1. Till date India has never hosted the Olympic Games.
2. The first modern Olympic Games took place in Paris in the year 1896.
3. Tokyo will host the 2020 Summer Olympic Games.
4. Seoul was the first Asian city to host the Olympic Games.
5. Australia has hosted the Summer Olympics the most number of times.
6. In 1980, the Summer Olympic Games were hosted in Moscow.
7. In 2016, the Olympic Games were held in Sao Paulo, Brazil.
8. Athens has hosted the Summer Olympic Games twice.



### Know with Derek

The Olympic motto, 'Citius, Altius, Fortius,' means faster, higher and stronger. The motto was originally coined by a preacher named Henri Didon. The Olympic Committee adopted it in 1894.

## 6. Indian Sportspersons of Today

Read the clues and complete the names of the sportspersons.

1. He is an all-rounder who bats right-handed and bowls right-arm off break.

R \_ V \_ C \_ \_ \_ D \_ \_ N A \_ \_ W \_ N



2. She is the first Indian female wrestler to win a medal at the Olympic Games.

S \_ K \_ H \_ M \_ L \_ \_



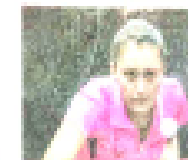
3. She is one of India's best badminton doubles player.

A \_ H \_ I \_ I P \_ N N \_ P \_ A



4. She is one of India's finest table tennis players.

M \_ N \_ K \_ B \_ T \_ \_



5. As captain, she led India into the Women's World Cup Final in 2017.

M \_ T \_ A \_ I R \_ J



### Know with Derek

Shooter Abhinav Bindra is the first Indian to win an individual gold medal at the Olympics. He achieved this feat at the 2008 Beijing Olympic Games.





## 7. Sporting Legends

There are many sportspeople who are known as legends. They have won accolades in the respective sports they have played. Let us meet some of these legends.



### **Pele**

His real name was Edson Arantes Do Nascimento. But the world knew this Brazilian footballer as Pele. He was a member of three World Cup winning teams and was named, 'Athlete of the Century' and 'Footballer of the Century'.



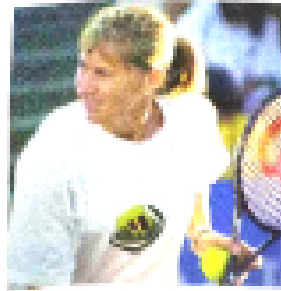
### **Michael Johnson**

Michael Johnson was one of the greatest short distance runners of all time. Winner of four Olympic gold medals, he is the only male athlete to have won both the 200 m and the 400 m at the same Olympic Games.



### **Michael Jordan**

He is one of the greatest basketball players of all times. Nicknamed Air Jordan, he led his team Chicago Bulls to six NBA (National Basketball Association) titles and was voted as NBA's Most Valuable Player five times. He was a member of the United States of America's team that won two Olympic gold medals in basketball.



### Steffi Graf

Stefanie Maria Graf popularly known as Steffi Graf from Germany is one of the greatest women tennis players ever. She is the first and only tennis player to have won all the four Grand Slam titles—Australian Open, US Open, Wimbledon and French Open—and an Olympic gold medal in the same calendar year, a phenomenon known as the Golden Slam. She achieved this feat in the year 1988.



### Garry Kasparov

Garry Kasparov of Russia was the number one chess player of his time and perhaps the greatest the game has ever seen. He became the youngest ever World Chess Champion at the age of 22 in 1985.

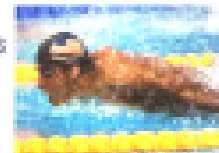


### Muhammad Ali

Born as Cassius Clay, he changed his name to Muhammad Ali and went on to become one of the greatest heavyweight boxers the world has ever seen. He was the World Heavyweight Champion three times and even won an Olympic gold.

### Know with Derek

Michael Phelps is one of the greatest swimmers and one of the most successful Olympians of all time, having won 28 medals in his career.







## 8. Gifts from Plants

Choose the correct option and fill in the blanks.

1. Eucalyptus oil is obtained from the \_\_\_\_\_ of the Eucalyptus tree.  
a. flowers                      b. stem                      c. leaves
2. Rubber is obtained from the \_\_\_\_\_ of the rubber tree.  
a. sap                      b. leaves                      c. roots
3. Quinine is obtained from the bark of the \_\_\_\_\_ tree.  
a. cinchona                      b. deodar                      c. neem
4. We get saffron from the dried \_\_\_\_\_ of the flower of the saffron crocus plant.  
a. petals                      b. stigmas                      c. stamens
5. Tea is obtained from the \_\_\_\_\_ of the plant whose scientific name is *Camellia sinensis*.  
a. leaves and buds                      b. stems                      c. roots
6. The clothes we wear in summers to keep ourselves cool is made from the soft fluffy fibre that grows in a boll or a protective cover around the seeds of the \_\_\_\_\_ plant.  
a. rayon                      b. jute                      c. cotton



### • Know with Derek

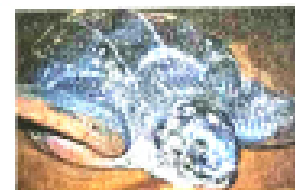
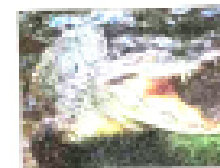
The neem tree is called the 'village pharmacy' because different parts of the tree are believed to have different medicinal properties.

## 9. Animal Quiz



Tick (✓) the correct answers.

- Which animal sheds its skin several times in a year?  
 a. wombat  
 b. snake  
 c. bat  
 d. mongoose
- Which animal can change its colour according to the temperature or its mood?  
 a. turtle  
 b. grasshopper  
 c. alligator  
 d. chameleon
- Which is the largest lizard found on Earth?  
 a. crocodile  
 b. Gila monster  
 c. Komodo dragon  
 d. iguana
- Which of these uses its tail for rapid swimming?  
 a. octopus  
 b. crocodile  
 c. turtle  
 d. scorpion
- Which of these creatures is not a snake?  
 a. black mamba  
 b. boa constrictor  
 c. tarantula  
 d. anaconda
- Which of these is the largest species of turtle?  
 a. flatback  
 b. leatherback  
 c. loggerhead  
 d. olive ridley



### Know with Derek

The Black Widow is one of the most poisonous spiders in the world. It can be identified by a coloured hourglass-shaped mark on its body.







## 10. Plant Quiz

Tick (✓) True or False.

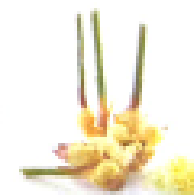
1. Brinjal is also known as aubergine or eggplant.  
True ☐ False ☐



2. Bitter gourd is not an edible vegetable.  
True ☐ False ☐

3. Ginger grows above the soil.  
True ☐ False ☐

4. Bees pollinate some plants.  
True ☐ False ☐



5. Leaves are known as the food factories of plants.  
True ☐ False ☐

6. Plants use sunlight to make their own food.  
True ☐ False ☐

7. Plants take in nutrients through their roots.  
True ☐ False ☐

8. The carbon dioxide present in the air enters the plant through the stomata.  
True ☐ False ☐



### • Grow with Derek

A healthy diet should include a good amount of fresh fruits and vegetables.



# 1. Our Food

## Warm Up

Draw four different types of food that you eat every day in the boxes below.

Living things need food. Food gives us energy to work. It helps us to grow and stay healthy. It also helps in repairing the wear and tear of our body.

When the food we eat is used up by our body, we feel hungry and weak.

## Nutrients

HEALTH & PHYSICAL EDUCATION

Food contains different substances which are useful to our body. These substances are called **nutrients**. Nutrients are necessary for life and growth. The process of taking in food and utilising it for the growth and development of our body is known as **nutrition**.

Food contains nutrients like **proteins**, **fats**, **carbohydrates**, **vitamins** and **minerals**. Food also contains **water** and **roughage**.

## Proteins

Proteins help our body to grow. They help our body to build muscles, other organs and blood. That is why foods which contain proteins are called **body-building foods**.



*We need food to live and grow.*



Proteins also help to repair the wear and tear of the body.

Children need more proteins than adults as they grow more rapidly than adults.

Meat, fish, egg, milk, cheese, pulses, nuts and chickens are some food items that are rich in proteins.



Meat



Fish



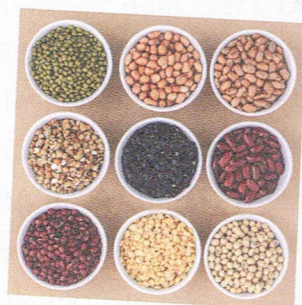
Eggs



Milk



Cheese



Pulses



Nuts



Chicken

#### Foods rich in proteins

## Carbohydrates

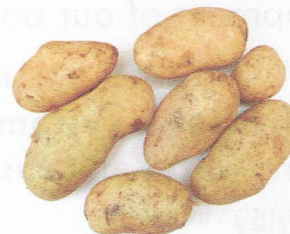
Carbohydrates give us energy. People who do more physical work (such as sportspersons and labourers) need more carbohydrates. Sugar and starch are two types of carbohydrates. Rice, sugar and potatoes are some of the foods which are rich in carbohydrates.



Sugar



Rice



Potatoes

#### Foods rich in carbohydrates



## Fats

Fats too give us energy. They also help to keep our body warm. Oil, butter, *ghee*, nuts and fish contain fats. Too much fat is not good for your health.



*Oil*



*Butter*



*Ghee*

### Foods rich in fats

Foods rich in carbohydrates and fats are called **energy-giving foods**.

## Check Point

Fill in the blanks.

1. \_\_\_\_\_ are body-building foods.
2. \_\_\_\_\_ and \_\_\_\_\_ are energy-giving foods.
3. Meat and fish are rich in \_\_\_\_\_.
4. Rice is rich in \_\_\_\_\_.
5. Butter and *ghee* are rich in \_\_\_\_\_.

## Vitamins and minerals

Vitamins and minerals are needed in small amounts by our body. They keep our body healthy. They also help our body to fight against various diseases. So, they are called **protective foods**. We must have them every day.

**Vitamins:** There are different types of vitamins like Vitamin A, Vitamin B, Vitamin C, Vitamin D, Vitamin E and Vitamin K. Vitamin A keeps our skin healthy and improves eyesight. Vitamin B-complex helps our body produce the energy it needs to function better. Vitamin C is responsible for the growth and repair of body tissues. Vitamin E boosts our body's resistance against bacterial and viral infections.

**Minerals:** There are many different kinds of minerals such as calcium and iron which are needed by our body. We need calcium for strong bones and teeth. Iron helps in the formation of blood.

Wheat, meat, egg, fish, milk, cheese, vegetables and fruits are rich in vitamins and minerals.



*Wheat*



*Meat and eggs*



*Fish*

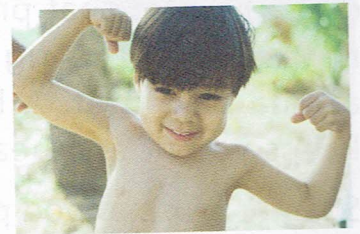


*Vegetables*



*Fruits*

### Foods rich in vitamins and minerals



*We need vitamins and minerals for good health.*



## Roughage and water

Roughage is the fibre part of the food we eat. It cannot be digested and also has no food value. But it is very important as it helps our body to move the undigested food through the digestive system and out of the body. Fruits and vegetables are rich in roughage.

Water is needed by our body to function properly. Food contains some amount of water. But it is not sufficient. Our body needs more water. We must drink at least eight to ten glasses of water every day.



*We should drink plenty of water.*

### DO YOU KNOW?

*The part of the plant food that cannot be digested is called **dietary fibre**.*

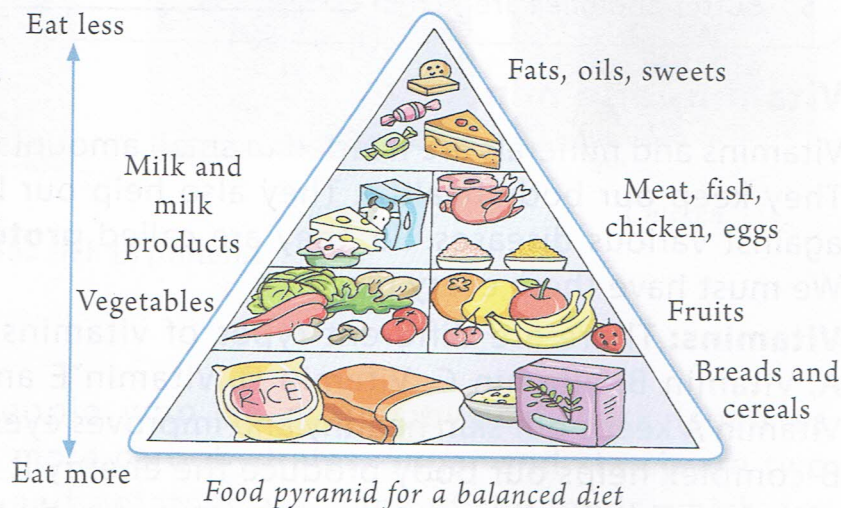
### GREEN TIP

Do not throw away the water left in the glass after you drink it. Use it to water the plants. Save water.

## A Balanced Diet

The food you eat every day is your diet. The **diet** that provides all the nutrients in the right amount is a **balanced diet**. A balanced diet keeps you fit and healthy.

Scientists use a food pyramid which shows how much of different types of food you should eat in a day as a balanced diet.



## Activity

Select food types from the above food pyramid and write your menu for a Sunday.

## Check Point

The nutrients required by our body are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



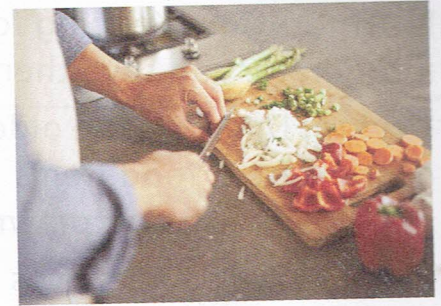
## Alertness Concerning Food

HEALTH & PHYSICAL EDUCATION

### Cleaning the raw food

Fruits and vegetables are grown in fields. Very often, dust and mud stick to them. The dust and mud carry germs which can cause diseases. Fruits and vegetables are also sprayed with chemicals to protect them

from diseases. These chemicals are harmful for us. Therefore, food should be washed thoroughly before eating. If fruits and vegetables are washed after they are cut, some of the nutrients may also get washed away with water. So, they should always be washed before cutting.



*Fruits and vegetables must be washed before cutting.*

### Precautions while cooking

Fruits and some vegetables like carrots, cucumber and radish are eaten raw. But other foods have to be cooked before eating. Cooking makes the food soft, tasty and easy to digest. It also kills the germs. The different methods of cooking food are **boiling**, **steaming**, **frying**, **roasting**, **baking**, etc.



*Rice: Boiled food*



*Idli: Steamed food*



*Puri: Fried food*



*Chicken: Roasted food*

#### Foods prepared by different methods

Food should not be cooked for too long. If the food is overcooked, a number of useful nutrients get destroyed.

Food should be cooked in just enough water. Extra water in cooked food also contains nutrients. If the extra water is thrown away, the nutrients in it are also lost.

#### GREEN TIP

Vessel should always be covered while cooking food to save fuel.

### Preserving food

Food gets spoilt if it is kept for a long time. Germs or moulds start growing in it. You fall ill if you eat such food. There are different methods to avoid rotting of food. This is called **preservation of food**. Preserved food remains good for a long time.



The different methods of food preservation are:

**Refrigeration:** Keeping food items such as cooked food, fruits and vegetables in the refrigerator can save them from getting spoiled. Thus, food stays fresh for long.

**Drying:** Drying is the oldest method of food preservation. Drying removes the water content from food items and helps them remain edible for longer. Food items such as banana, fish and prawns can be preserved by this method.

**Pickling:** Oils and spices are used to preserve food. Foods like mango and lime can be mixed with oil and spices to make pickles.

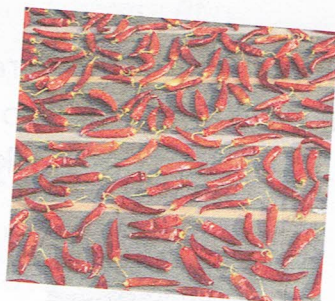
**Deep freezing:** Some foods can be kept in the freezer so that they do not rot. Meat and fish can be preserved by this method.

**Canning and bottling:** In this method, food such as jams and sauces are kept in airtight cans and bottles. This helps to keep the food fresh.

Sometimes artificial chemical substances called **preservatives** are also added to the food.



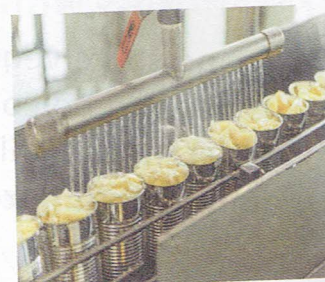
Freezing



Drying



Pickling



Canning

Some methods of food preservation

## • Points to Remember •

- Food is made up of different substances called nutrients which provide nourishment to our body.
- Food contains nutrients like proteins, fats, carbohydrates, vitamins and minerals. It also contains water and roughage.
- Fruits and vegetables should be washed thoroughly before eating.
- The different methods of cooking food are boiling, steaming, frying, roasting, baking, etc.
- Preserved food remains eatable for a longer time.

## • New Words •

**Nutrients:** substances in food which provide nourishment to the body

**Diet:** the food and drink we take on a regular basis

**Preservation:** keeping something in a good condition for a long time

**Canning:** keeping food and drink in a closed container without water



## EXERCISES

### A. Fill in the blanks with the correct option.

1. The nutrients that help your body to grow are \_\_\_\_\_.  
vitamins / proteins
2. The nutrients present in large quantity in potatoes are \_\_\_\_\_.  
carbohydrates / minerals
3. Body-building foods are rich in \_\_\_\_\_. proteins / fats
4. If food is overcooked, useful \_\_\_\_\_ are lost. fuels / nutrients
5. \_\_\_\_\_ is a method of cooking food. Steaming / Freezing

### B. Tick (✓) the correct answer.

1. Carrots are a good source of:  
☐ a. carbohydrates      ☐ b. minerals      ☐ c. proteins
2. This food is rich in roughage.  
☐ a. Chicken      ☐ b. Milk      ☐ c. Radish
3. These nutrients give us energy.  
☐ a. Proteins      ☐ b. Carbohydrates      ☐ c. Minerals
4. This is the oldest method of food preservation.  
☐ a. Refrigeration      ☐ b. Drying      ☐ c. Canning
5. Fruits are washed before eating:  
☐ a. to remove dirt      ☐ b. to remove chemicals      ☐ c. both a and b

### C. Answer these questions.

1. What are nutrients?
2. Write two foods which are rich in carbohydrates.
3. Name any two minerals which are needed in small amounts by your body.
4. What is a balanced diet?
5. Why do we cook food?
6. Explain the different ways to preserve food.

### D. Give reasons.

1. Proteins should be included in our daily diet.
2. Vitamins and minerals are called protective foods.



3. Fruits and vegetables should be washed before eating.
4. Food should be cooked in just enough water.

#### E. Let's Think.

1. What happens if you eat a lot of junk food?
  - a. You get more energy
  - b. You become thin
  - c. Extra food is stored as fat
2. Have you seen 'expiry date' or 'best before' on food packets or bottles and cans? What does that mean?
  - a. Preservatives added will be effective only till that date.
  - b. Food is not going to get spoilt beyond that date.
  - c. There are no preservatives added.
3. Discuss in your class the type of foods you should take regularly and the type of foods you should avoid.

## • Subject Enhancement •

### Let's Do

Visit a market with your parents. Find out all the food items that are available.

Think and tell your parents what food items to choose for the family and why.

### Project Idea

Note down for a week what you eat in your meals. Note down the major nutrients these foods contain. Write if you think the food you ate for the week was balanced or not.

### Life Skills

To prepare yoghurt, take a small bowl and add milk in it. Next, add 1–2 teaspoons of lime or bacteria (yoghurt) in milk. Cover it in cling film and keep it in a warm, dry place for a few hours.

## • Teacher's Notes •

- Talk to the students about nutrients. Emphasise the value of nutrients for growing bodies like theirs. Stress on drinking clean water.
- Ask the students as to how many of them eat the fruit given to them by the fruit seller to taste. Question them and make them understand that this is wrong and give them reasons for cleaning raw food before consuming.

**Note:** All the activities must be done under teacher or adult supervision.



**(Large Number)**

You know that largest 2 digit number – 99

Can you guess the largest 3 and 4 digit number.

4 digit number

The largest 3 digit number – 999

The largest 4 digit number – 9999

Questions :-

1. Write in figure.
  - a) Twenty seven thousands and eight – 27008
  - b) Seventy five thousand and fifty five. \_\_\_\_\_
  - c) Forty nine thousand and forty nine. \_\_\_\_\_
  - d) Sixteen thousand and one. \_\_\_\_\_
  - e) Nine thousand nine hundred and ninety-nine. \_\_\_\_\_
2. Write in word.
  - a) 1542 – One thousand five hundred forty two.
  - b) 7298 – \_\_\_\_\_
  - c) 6298 – \_\_\_\_\_
  - d) 3027 – \_\_\_\_\_
  - e) 4589 – \_\_\_\_\_

**(Place Value and Face Value)**

The value of a digit in a number is called place value.

The face value of a digit always remains same.

Ex. – 72546 find the place and face value of 5.

72546

5 occurs at hundred place 50 the place value is 500.

Face value is 5.

Questions :-

1. Find the place and face value of underlined digit.

a) 7 <u>8</u> 256	b) 23 <u>9</u> 76	c) 8 <u>4</u> 207	d) 542 <u>8</u> 4
e) 342 <u>4</u> 6	f) <u>8</u> 4324	g) 986 <u>7</u> 2	h) 5432 <u>8</u> 1
i) 9 <u>2</u> 7024	j) 84 <u>2</u> 367		

**(Expanded and Short Forms)**

Expanded Forms – When we write a number as a sum of place value of its digits the number is said to be in expanded forms.

Ex- – 754231

$$700000 + 50000 + 4000 + 200 + 30 + 1$$

Short Form – When we write a number using digits the number said to be in short form.

Ex. – 70000 + 5000 + 700 + 80 + 9

75789

Questions :-

1. Write in expanded forms.

a)  $72965 - 70000 + 2000 + 900 + 60 + 5$

b)  $32962 - \underline{\hspace{2cm}}$

c)  $89504 - \underline{\hspace{2cm}}$

d)  $28689 - \underline{\hspace{2cm}}$

e)  $54238 - \underline{\hspace{2cm}}$

2. Write in short form.

a)  $50000 + 7000 + 200 + 60 + 1 = 57261$

b)  $90000 + 6000 + 100 + 50 + 5 = \underline{\hspace{2cm}}$

c)  $300000 + 60000 + 200 + 70 + 9 = \underline{\hspace{2cm}}$

d)  $200000 + 80000 + 3000 + 200 + 5 = \underline{\hspace{2cm}}$

e)  $100000 + 90000 + 5000 + 900 + 50 + 8 = \underline{\hspace{2cm}}$