

July

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CH: 3 Food and Health

I Technical words:

1. Adulterants:

The unwanted substances added to food.

2. Fermentation:

A safe process where friendly microbes change food to make it easier to digest.

3. Microbes:

Tiny living organisms that cannot be seen with naked eyes.

II Analogy:

1. Carbohydrates : Energy ; Proteins : Growth

2. Protein : kwashiorkor ; Iron : Anaemia

3. Vitamin A : Rickets ; Iodine : Goitre

III Short answer:

1. name two life style diseases and explain one way to prevent them.

Ans Obesity and diabetes are life style diseases. They can be prevented by eating a balanced diet and doing regular exercise.

2. What is food adulteration? Give two examples of adulterated food.

Ans i) Food adulteration is the mixing of harmful or unwanted substances in food.

ii) Examples: Adding water to milk, artificial colour to chilli powder.

IV Long Answers

1. List any four deficiency diseases with one symptom and two preventive foods.

Ans	Disease	Deficiency	Symptoms	Preventive foods.
i)	Night blindness	Vitamin A	Cannot see in dim light	Carrots, Spinach
ii)	Scurvy	Vitamin C	Bleeding gums	Orange, Lemon
iii)	Rickets	Vitamin D	Soft bones, Bowled legs.	Milk, Paneer, egg yolk.
iv)	Goitre	Iodine	Swelling in the neck	Iodised salt, Sea food.

V HOTS

1. An Anaemic person looks pale and tired. Why?

- Ans
- i) Anaemia is caused by the deficiency of iron in the food.
 - ii) This reduces haemoglobin in blood, because of which the blood is unable to carry as much oxygen as it should.
 - iii) So, an anaemic person looks pale and tired.

2. Why do you think children should drink milk and eat leafy vegetables every day?

- Ans
- Children should drink milk and eat leafy vegetables everyday to build strong bones, healthy blood and protect the body from diseases.

CH: Pollination

I Technical words:

1. Fertilisation:

The process where the male cell in the pollen joins with the female cell in the ovule to form a seed.

2. Pollination:

The transfer of pollen grains from the anther to the stigma.

II Short Answer:

1. Write two differences between monosexual and bisexual flower.

Ans.	Monosexual flower	Bisexual flower.
i)	A flower with either only one reproductive part either male (stamen) or female (pistil) reproductive parts only.	i) A flower with both male (stamen) and female (pistil) reproductive part in same flower.
ii)	They are incomplete flowers	ii) They are complete flowers
iii)	Ex: Tulip rose	iii) Ex: Pumpkin, watermelon

2. Why is pollination important for plants?

Ans i) Pollination is important because it leads to fertilisation in flowers.

ii) After fertilisation, seeds and fruits are formed.

iii) This helps plants reproduce and continue their species.

III Long Answer:

1. Draw and explain the different parts of a flower.

Ans A flower is the reproductive part of a plant. Most flowers have four main parts: calyx, corolla, androecium and gynoecium.

i) Calyx:

The outermost whorl of a flower is called the calyx. It is made up of small green leaf like structures called sepals.

ii) Corolla:

The second whorl of a flower is the corolla. It is made up of brightly coloured structures called petals.

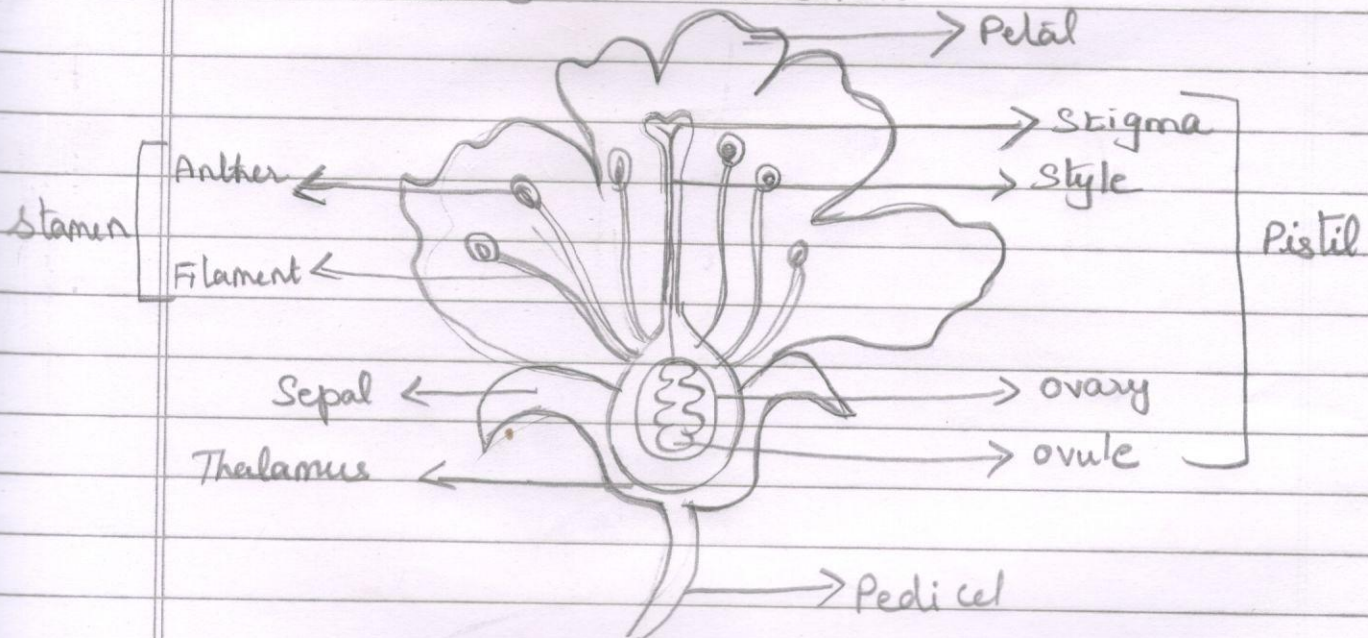
iii) Androecium:

The third whorl of a flower is the androecium. It is made up of thin stalks called stamens. Each stamen has a long slender stalk called a filament. The stamen is the male reproductive unit of a flower.

iv) Gynoecium:

The gynoecium is located at the centre of a flower. It is made up of one or more carpels or pistils. Each pistil has three main parts - style, stigma, ovary. The pistil or carpel is the female reproductive unit of a flower.

PARTS OF A FLOWER



IV HOTS

1. Why do you think bees are called "Friends of farmers"?

Ans i) Bees help in pollination by carrying pollen from one flower to another. ~~this~~ increases the production of fruits, vegetables and seeds.

ii) Therefore, bees help farmers get better crop yield.

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