

## ASSIGNMENT

### CLASS – IV

### CHAPTER – 1

### PLANTS – THE PRODUCERS

1. Why do leaves appear green?  
Leaves appear green due to the presence of a green substance called chlorophyll.
2. What are the different parts of a leaf?  
A leaf has a leaf blade, vein and side veins, midrib, leaf apex, leaf stalk.
3. What is lamina or leaf blade?  
The broad, flat part of a leaf is called lamina or leaf blade.
4. What is midrib?  
The main thick vein running through the middle of the leaf is called the midrib.
5. What are side veins?  
The veins branching out from the midrib are called side veins.
6. What are leaf apex?  
The tip of the leaf is called the leaf apex.
7. What are leaf stalk?  
The part of the leaf that attaches it to the stem or branch is called the leaf stalk.
8. Name any two non-green plants.  
Crotons, Coleus
9. From where do plants get carbon dioxide?  
Plants get carbon dioxide from atmosphere.
10. What is photosynthesis?  
The process by which plants make their food is called photosynthesis.
11. Why do plants need food?  
Plants need food to grow and live.
12. Where is the extra food stored in plants?  
The extra food is stored in the different parts of plants, such as leaves, roots, stem, fruits and seeds.
13. How food is stored in plants?  
The food is stored in plants in the form of starch.
14. How do the trees bring down the temperature of the surroundings?  
Trees bring down the temperature of the surroundings by evaporating water from their leaves.

15. Define the term 'Green Plant'.

The term green plant is used to refer the plants that contain chlorophyll and hence can prepare their own food.

16. How the process of photosynthesis takes place in cactus plant?

In cactus plant, photosynthesis takes place in the green stem that contains chlorophyll.

17. Why do plants need oxygen and carbon dioxide?

Plants need oxygen for the process of respiration and carbon dioxide for the process of photosynthesis.

18. How do green plants make food?

Green plants make food with the help of chlorophyll present in their leaves. They use sunlight, water and carbon dioxide present in the air to make their food.

19. Which part of the plant is called as food factory or kitchen?

Leaf of the plant is called as food factory or kitchen of the plant.

20. How can we test the presence of starch in a given food item?

We can test the presence of starch by putting a few drops of iodine solution on the given food item. The bluish black colour shows the presence of starch in it. For example: Potato

21. What are stomata? What are its function?

The tiny openings on the underside of a leaf are called stomata.

Functions of stomata:-

- i. It allows air to enter or leave the leaf.
- ii. It helps the plant to breathe.

22. Give two examples of plant parts that store food in the following:

- i. **Roots** – Carrot, Radish
- ii. **Stem** – Sugarcane, Potato
- iii. **Leaves** – Spinach, Mint
- iv. **Fruits** – Apple, Mango
- v. **Seeds** – Rice, Corn

23. How plants and animals are interdependent?

- Plants and animals depend on each other for their survival.
- Animals depend on plants for food and oxygen while plants use carbon dioxide given out by animals to prepare food.
- Plants and animals helps in maintaining the balance of oxygen and carbon dioxide in nature.

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**CLASS – IV**  
**CHAPTER – 2**  
**EATING FOR LIFE – FOOD**

24. Name the vitamin which keeps our eyes and skin healthy.  
Vitamin A
25. Name the fibre present in food.  
Roughage
26. Why carbohydrates are important for our body?  
Carbohydrates gives us energy to work, play and do many more things.
27. Who needs to eat more carbohydrates?  
People who do a lot of physical work, such as labourers, need to eat more carbohydrates.
28. Which nutrient provides more energy than carbohydrates?  
Fats provides more energy than carbohydrates.
29. Which nutrient is essential for the absorption of vitamin A and vitamin D in our body?  
Fats are essential for the absorption of vitamin A and vitamin D in our body.
30. What is diet?  
The foods that we eat daily is called our diet
31. What is balanced diet?  
A diet that contains all the nutrient that our body needs to work properly.
32. What are nutrients? From where do we get these nutrients?  
Nutrients are useful substances that our body needs in order to grow and stay healthy.  
We get these nutrients through the food we eat.
33. What is food preservation?  
The method by which we can prevent food from spoiling is called food preservation.
34. Why milk is important for children's growth?  
Milk is important for children's growth because it contains proteins, fats, vitamins, minerals and water.
35. What are energy giving foods? Give examples.  
The food that provide us energy are called energy giving foods.  
Cereals, butter, ghee and nuts are examples of energy-giving foods.
36. What are body building foods? Give examples.  
Foods that help in the growth of our body are called body building foods.  
Milk, paneer, beans, fish and meet are examples of body building foods
37. What are protective foods? Give examples.  
Food that protect us from diseases are called protective foods.  
Fruits and vegetables are examples of protective foods.
38. How salt and sugar prevents the growth of germs?  
Salt and sugar dehydrate the food and prevents the growth of germs and keeps food preserved for a longer time.

39. What is difference between raw food and cooked food?

<b>Raw food</b>	<b>Cooked food</b>
1. The food that we eat without cooking is called raw food.	1. The food that cannot be eaten raw and needs to be cooked before eating is called cooked food.
2. For example:- Fruits, Tomato, Carrot	For example:- Vegetables such as potato, and cereals

40. Why do we need to cook food?

Food is cooked to

- i. make it soft and easy to chew and digest.
- ii. make it edible and tasty.
- iii. kill harmful germs.

41. Mention the tips for cooking healthy food?

- i. Always wash vegetables before cutting.
- ii. Food should be cooked in just enough water to retain the nutrients.
- iii. Do not overcook food as it may destroy the nutrients.

42. Name the different food preservation methods.

- i. Refrigeration/Freezing
- ii. Drying
- iii. Salting and pickling
- iv. Sugaring

43. What is food pyramid? What does it recommend?

Food pyramid is a guide that help us to choose a healthy diet.

It recommends that we should eat:-

- i. A large portion of carbohydrate-rich food
- ii. Plenty of foods and vegetables
- iii. Good amount of proteins
- iv. Small amount of fats

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### **CHAPTER – 3**

### **SAFETY FIRST**

1. What do the safety rules teach us?  
Safety rules teach us how to stay safe and prevent accidents.
2. How can accidents be avoided?  
Accidents can be avoided if we are careful and follow safety rules.
3. How does the knowledge of first aid help us?  
The knowledge of first aid helps us to handle emergencies.
4. What should be applied in case of minor burns?  
Antiseptic cream
5. What items should be there in a handy first aid box?  
Handy first aid box should contain band-aid, antiseptic lotion, cotton gauge and scissors.
6. What should be done in case of severe burns?  
In case of severe burns, the person must be taken to the hospital immediately.
7. What are the causes of an insect bite?  
An insect bite or sting may cause redness, itching, pain and swelling.
8. What is the full form of ORS?  
Oral Rehydration Solution
9. Why does fainting occur?  
Fainting may occur due to reduced blood supply to the brain.
10. How do electric shocks occur?  
Electric shocks occur if proper care is not taken while handling electrical switches, sockets and appliances.
11. How is food poisoning caused?  
Food poisoning is caused by eating contaminated food.
12. How is first aid helpful in emergencies?  
In case of emergency, first aid can prevent a person's condition from worsening. It can even save a person's life.
13. How are burns caused? How can minor burns be prevented?  
Burns may be caused by hot objects, hot water and fire.  
If the burn is minor, put the burnt area under running water or soak in ice cold water.  
Then, gently apply antiseptic cream.
14. What are the safety rules that should be followed while giving first aid to an injured person?
  - i. While giving first aid, we should not panic.
  - ii. We should stay calm and also calm down the injured person.
15. What are the safety rules that should be followed in the swimming pool?
  - i. Stay at the shallow (less deep) end of the swimming pool.
  - ii. Do not jump into the pool unless you know how to swim well.
  - iii. Always wear a life jacket before entering the pool.

16. What care should we take to avoid accidents in the kitchen?
  - i. Do not play with matchsticks.
  - ii. Do not try to light the gas stove.
  - iii. Do not play with knife as it is very sharp and you may cut yourself.
  - iv. Do not touch hot utensils.
17. What care will you take to avoid accidents in the playground?
  - i. Always wait for your turn on the slide or swing.
  - ii. Never push your friends while playing.
  - iii. Never try to jump off a swing or a slide.
18. What are the safety rules that should be followed in school?
  - i. Do not slide down the banister.
  - ii. Never run on the stairs.
  - iii. Do not push anyone while climbing up and down the stairs.
  - iv. Do not carry any sharp objects to school.
  - v. Do not push anyone while boarding the school bus.