

### I. Choose the best answer:

$$7 \times 1 = 7$$

1. Deficiency of proteins, carbohydrates and fats leads to \_\_\_\_\_.  
a) disease                    b) malnutrition                    c) good health
2. Vitamin A, D and K are grouped as \_\_\_\_\_.  
a) water soluble            b) fat soluble                    c) minerals
3. \_\_\_\_\_ is said to have the best effect on cough and cold.  
a) Ginger / Pepper        b) Chicken                        c) Vegetable salad
4. \_\_\_\_\_ food must be avoided during stomach illness.  
a) Spicy food                b) Soup                            c) Porridge
5. The Ganges river flows primarily through the country of \_\_\_\_\_.  
a) Australia                b) India                            c) China
6. \_\_\_\_\_ is an endangered planet.  
a) Red Rose                b) Rafflesia                        c) Chrysanthemum
7. The main vein of a leaf carries \_\_\_\_\_.  
a) chlorophyll              b) oxygen                            c) food

## II. Fill in the blanks:

$$5 \times 1 = 5$$

8. Vitamin B and C are \_\_\_\_\_ vitamins.
9. Less than 1% of all water on the earth is \_\_\_\_\_ water.
10. When water evaporates, it rises into the air and becomes part of a \_\_\_\_\_.
11. \_\_\_\_\_ plants do not have their own chlorophyll.
12. \_\_\_\_\_ is a Japanese technique of growing a plant.

### III. Match the following:

$$5 \times 1 = 5$$

13. iodine	–	protective food
14. calcium	–	prevents muscle weakness
15. vitamins	–	prevents goitre
16. iron	–	helps in clotting of blood
17. potassium	–	helps in formation of blood

**IV. 18. Complete the table given below:****5 x 1 = 5**

	Vitamins	Deficiency disease
a.	A	_____
b.	_____	Haemophilia
c.	C	_____
d.	D	_____
e.	_____	Damaged cells

**V. Who am I?****5 x 1 = 5**

19. I cause disease as I contain germs in me. \_\_\_\_\_
20. I am a huge collection of water vapour. \_\_\_\_\_
21. I am the purest form of water. \_\_\_\_\_
22. I am up in the sky helping water change into vapour. \_\_\_\_\_
23. I am a liquid and I help you keep cool and clean. \_\_\_\_\_

**VI. Pick the odd one out.****5 x 1 = 5**

24. rice, grapes, wheat, corn
25. tulasi, pepper, ginger, pickle
26. evaporation, condensation, precipitation, flood
27. root, stem, fruit, shadow
28. spider plant, peace lily, viper's bowstring, rose

**VII. Answer the following: (Any 7)****7 x 2 = 14**

29. Why should we cook food?
30. List out the food groups and their deficiencies.
31. How can food be preserved for a long time?
32. What is evaporation?
33. What is chlorination?
34. Too much or too little water create problems. Why?
35. What is the main difference between green and non-green plant?
36. Cool air is essential for rain. Give reason
37. Give some tips to prevent food wastage.

**VIII. Answer in Detail (Any 2)****2 x 5 = 10**

38. How can we purify water? List out a few methods
39. How can we conserve water?
40. What are the different types of exotic plants? Give an example for each.

**IX. 41. Draw a neat diagram of the water cycle.****1 x 4 = 4**