

Answers

Theme 1: All About Us Chapter 1: Food and Digestion

Main Coursebook

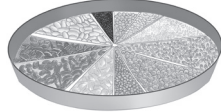
I am ready



F



V



P

Icebreaker

DIGESTIVE SYSTEM

In-text Question

1. Stomach 2. Baking

I am a learner

- A. 1. a 2. c 3. b 4. b 5. c
B. 1. False 2. True 3. True
4. False 5. False
C. 1. Sugar and starch.
2. Cake
3. Baking and roasting.
D. 1. The human digestive system is made of mouth, food pipe, stomach, liver, pancreas, small intestine, large intestine and anus.

Mouth: The process of digestion starts here.

Food pipe: The chewed food goes from mouth to food pipe.

Stomach: It is a hollow bag-like structure, where the food is churned.

Small intestine: It is a very long, coiled tube where the food mixes with the digestive juices.

Large intestine: The undigested food from the small intestine is passed into the large intestine.

Anus: The semi-solid undigested food from the large intestine is passed out of the body through the anus.

2. i. **Refrigeration:** Most food items are stored in a refrigerator at low temperature to prevent them from spoiling.
ii. **Boiling:** Some food items are boiled at high temperatures to kill germs.
iii. **Salting and sweetening:** Germs are unable to grow in too much salt or sugar. Thus, some food items are

treated with salting or kept in sugar solution.

- iv. **Dehydration/air tight containers:** Storing food items in airtight containers or removing water completely from certain food items helps in preserving them.
v. **Adding preservatives:** Sometimes, artificial preservatives are added to food items to prevent them from spoiling.

I am a thinker

Eating excessive fat-rich food may result in obesity.

I am all-rounder

- A. **English:** Digestion; Dehydration; Congestion
B. **Maths:** ₹470
C. **Social Studies:** No

Students' Worksheets

Worksheet 1

- A. 1. Carbohydrates 2. Proteins
3. Vitamins 4. Minerals
5. Small intestine
B. 1. False 2. True 3. True
4. True 5. False
C. 1. → a 2. → c 3. → d
4. → e 5. → b

Worksheet 2

- A. 1. MOUTH 2. FOOD PIPE
3. STOMACH 4. LARGE INTESTINE
5. SALIVA
B. 1. Digestion 2. stomach
3. small intestine 4. blood vessels
5. anus
C. 1. True 2. False 3. False
4. False 5. True

Worksheet 3

- A. 1. It is the process of converting the food we eat into simpler form so that it can be used by our body.
2. It is a method that uses dry heat to cook food in an oven.
3. It is a method in which the food is cooked on a hot tawa or directly over fire.
4. It is method in which the food is cooked in oil or ghee.

5. It is a method in which the food is cooked by boiling in water.
- B. 1. baking 2. roasting 3. steaming
4. frying 5. boiling
- C. 2.

Worksheet 4

- A. 1. Steaming 2. Frying 3. Roasting
4. Boiling 5. Baking
- B. 1. True 2. False 3. False
4. True 5. True
- C. 1. → b 2. → c 3. → d
4. → e 5. → a

Teacher's Worksheets

Worksheet 1

- A. 1. CARBOHYDRATES
2. PROTEINS
3. VITAMINS
4. MINERALS
5. FATS
- B. 1. rice, sugar
2. oil, ghee
3. pulses, peas
4. milk, fruits

Worksheet 2

- Boiling is a process in which germs are killed in some food items at high temperatures. For example, milk is boiled before consuming and to save it from spoiling.
- Sometimes, artificial preservatives are added to food items to prevent them from spoiling. Jams and ketchups contain preservatives.
- Germs are unable to grow in too much salt. Thus, some food items are treated with salting. For example, fish, meat and pickles are preserved through salting.
- Refrigeration is a process in which most food items are stored in a refrigerator at low temperature to prevent them from spoiling.
- Dehydration is a process in which food items are stored in airtight containers or by removing water completely to preserve them.
- We need to cook some food items before eating. There are different methods of cooking food—baking, roasting, steaming, frying and boiling.

Theme 1: All About Us

Chapter 2: Tongue and Teeth

Main Coursebook

I am ready



Salty



Sweet



Bitter

Icebreaker

Tongue

In-text Questions

1. True 2. False

In-text Questions

1. Incisors, canines, premolars and molars.
2. 12

I am a learner

- A. 1. c 2. a 3. a 4. a 5. b
- B. 1. sweet 2. three 3. Premolars
4. twice 5. dental floss
- C. 1. These are located near the tip, at the back and at the sides of our tongue.
2. Incisors
3. When bacteria attacks different parts of the teeth, it results in their decay that is known as tooth decay.
- D. 1. Following are the four different types of teeth:
- Incisors:** These are used for biting and cutting the food.
 - Canines:** These help in tearing our food.
 - Premolars:** These help in crushing the food.
 - Molars:** These help in crushing and grinding food.
2. i. We should brush our teeth twice a day (morning and before bedtime).
ii. We should use a dental floss if food is stuck between our teeth.
iii. We should include food items rich in calcium and vitamin C in our diet.
iv. We should visit a dentist for regular check-ups.

I am a doer

Accept all relevant responses.

I am an all-rounder

- A. **English:**
1. "I have 12 teeth in my upper jaw and 14 teeth in my lower jaw".

2. "Brush your teeth twice a day to prevent tooth decay."

B. **Maths:** 42 minutes

C. **Social Studies:** Tongue

Students' Worksheets

Worksheet 1

- A. 1. Tongue 2. four 3. Teeth
 4. two 5. three
- B. 1. False 2. True 3. False
 4. True 5. False
- C. 1. → e 2. → d 3. → a
 4. → b 5. → c

Worksheet 2

- A. 1. TONGUE 2. TEETH
 3. TEMPORARY SET 4. PERMANENT SET
 5. CEMENTUM
- B. 1. Tongue 2. sweet 3. salty
 4. bitter 5. sour
- C. 1. False 2. True 3. False
 4. True 5. True

Worksheet 3

- A. 1. two 2. three 3. four
 4. pain 5. dental floss
- B. 1. → b 2. → a 3. → d 4. → e 5. → c
- C. 1. True 2. False 3. True
 4. False 5. True

Worksheet 4

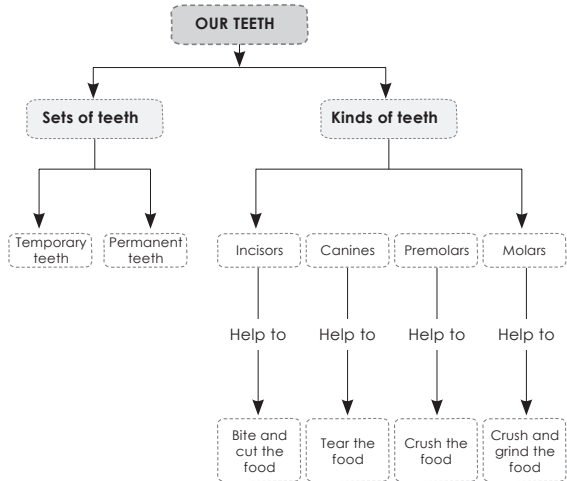
- A. 1. CROWN 2. NECK 3. ROOT
 4. ENAMEL 5. DENTINE
- B. 1. No 2. Yes 3. Yes
 4. Yes 5. No
- C. 1. → e 2. → d 3. → c 4. → b 5. → a

Teacher's Worksheets

Worksheet 1

- A. 1. → c 2. → a 3. → d 4. → e 5. → b
- B. 1. The outermost part of the crown is called enamel. It is white and hard and forms the outer covering of the tooth.
2. Taste buds are small structures present on the tongue. These help us recognise different tastes, such as sweet, sour, bitter and salty. The taste buds for the bitter taste are present at the back of the tongue.

Worksheet 2



Theme 2: Resources We Care For Chapter 3: All About Clothes

Main Coursebook

I am ready



SUMMER

WINTER

MONSOON

Icebreaker: GLOVES

In-text Question

1. No
 2. Yes

In-text Question

1. True 2. False

I am a learner

- A. 1. c 2. a 3. c 4. a 5. a
- B. 1. True 2. False 3. False
 4. True 5. True
- C. 1. Natural fibres are the materials that are derived from plants or animals. (Accept all relevant responses).
 2. Knitting
 3. In knitting, long needles are used to interconnect a series of loops formed by a continuous yarn or thread.

- D. 1. After the fabric is woven, it is bleached to remove any kind of impurities. This process is called bleaching. After bleach, the fabric is coloured or dyed by using different chemicals. This process is called colouring.
2. i. We should wash our clothes properly to keep them free from germs and dust.
 ii. Delicate and woollen clothes, such as coats and trousers, should be cleaned carefully.
 iii. We should not use harsh chemicals and detergents for washing clothes.

I am a thinker

Woollen clothes will not absorb sweat and we will feel hot on a summer day.

I am an all-rounder

A. English

- i. Rehan is my cousin. His jacket is warmer than mine.
 ii. My brother's shirts are brighter than mine.

B. Maths: 10

C. Social Studies

2. Water

Students' Worksheets

Worksheet 1

- A. 1. winters 2. summers
 3. rainy season 4. winters
 5. summers
- B. 1. False 2. False 3. True
 4. False 5. True
- C. 1, 2, 5

Worksheet 2

- A. 1. Jute 2. Linen 3. Cotton
 4. Wool 5. Fur
- B. 1. → b 2. → a 3. → d 4. → e 5. → c
- C. 1. natural; synthetic 2. wrinkle
 3. Nylon 4. Cotton
 5. stretchable

Worksheet 3

- A. 1. threads 2. garment
 3. intertwined 4. twisted
 5. bleached
- B. 1. True 2. True
 3. False 4. False
 5. False
- C. 2, 3, 5

Teacher's Worksheets

Worksheet 1

- A. 1. Jute and linen.
 2. Rayon and polyester.
 3. In weaving, two sets of threads are intertwined with each other, either horizontally or vertically.
 4. In spinning, a mass of fibres is drawn and twisted followed by the winding of the fibre into a bobbin.
 5. Clothes protect us from weather and also make us look attractive.
- B. 1. T 2. F 3. F 4. T 5. F

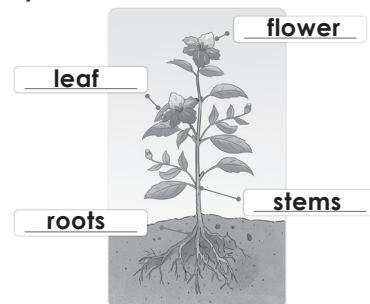
Worksheet 2

- A. 1. c 2. a 3. a 4. c
- B. 1. Silk and woollen clothes are very sensitive and easily attacked by insects, such as silverfish and moths.
 2. We should never store any clothes without washing. Silk and woollen clothes are very sensitive and easily attacked by insects, such as silverfish and moths. We should store such clothes with some naphthalene balls or dried neem leaves in them.
 3. Raincoats are made of waterproof material, and therefore, protect us from the rain.

Theme 3: We Adapt to Survive Chapter 4: Plants – Food Preparation and Storage

Main Coursebook

I am ready



Icebreaker: Leaves

In-text Question

1. Chlorophyll 2. Starch

In-text Question

1. No 2. No

I am a learner

- A. 1. c 2. c 3. b 4. c 5. a
- B. 1. → b 2. → e 3. → d 4. → c 5. → a
- C. 1. It is a small opening or a pore that is present on the under side of the leaf.
2. Indoor plants
3. Energy flows from the Sun to plants and then to animals and human beings.
- D. 1. During photosynthesis ('photo' means light and 'synthesis' means putting together), plants absorb sunlight with the help of chlorophyll. Green leaves convert air and water into food in the presence of sunlight. This food is produced in the form of simple sugar (glucose).
2. i. Plants with no leaves: Agave and cactus do not have leaves. These plants make food in their green stems.
ii. Non-green plants: These plants lack chlorophyll, and therefore, they cannot prepare their own food. They depend on dead and decaying plants and animals for their food. Mushroom is one such example.
iii. Plants with dark red leaves: Some plants, such as croton, appear dark red, even though they contain chlorophyll. In such plants, a red substance is present that hides the green colour from chlorophyll.

I am a doer: Accept all relevant responses.

I am an all-rounder

- A. **English:** sunlight; night
B. **Maths:** 6
C. **Social Studies:** Ashoka

Students' Worksheets

Worksheet 1

- A. 1. Green 2. Chlorophyll
3. sunlight 4. kitchen
5. above
- B. 1. True 2. False 3. False
4. False 5. False
- C. 1. → b 2. → e 3. → a 4. → d 5. → c

Worksheet 2

- A. 1. ROOT 2. LEAVES
3. CHLOROPHYLL 4. WATER

5. SUNLIGHT

- B. 1. green
2. absorption
3. Stomata
4. water, carbon dioxide
5. oxygen, water vapours
- C. 1. True 2. False 3. True
4. True 5. False

Worksheet 3

- A. 1. Cactus and agave.
2. They depend on dead and decaying plants and animals for their food.
3. Due to the presence of a red substance that hides the green colour from chlorophyll.
4. Because it feeds on insects for its food requirements.
5. Yellow rattle, dodder and broomrape.
- B. 1. → e 2. → b 3. → a 4. → c 5. → d
- C. 1. True 2. False 3. False
4. True 5. True

Worksheet 4

- A. 1. MIDRIB 2. SIDE VEINS
3. PHOTOSYNTHESIS 4. SUNLIGHT
5. GLUCOSE
- B. 1. glucose 2. starch 3. oxygen
4. Plants 5. Sun, animals
- C. 1. Y 2. N 3. Y 4. N 5. Y

Teacher's Worksheets

Worksheet 1

- A. 1. CHLOROPHYLL
2. STOMATA
3. VEIN
4. MIDRIB
5. PORES
- B. 1. CACTUS 2. AGAVE
3. CROTON 4. MUSHROOM
5. VENUS FLYTRAP 6. DODDER

Worksheet 2

- A. 1. Leaf 2. Midrib 3. Croton
4. Stomata 5. Starch
- B. 1. Through the stomata, leaves take in water and carbon dioxide and give out oxygen and water vapours.
2. Insectivorous plants feed on insects for their food requirements while parasitic plants depend on other plants for

their food requirements. Sundew and cobra lily are insectivorous plants whereas yellow rattle and rafflesia are parasitic plants.

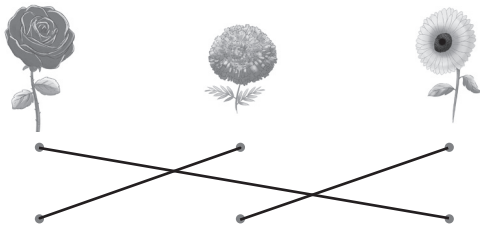
3. Animals exhale carbon dioxide, which is then taken up by the plants. Plants provide food and oxygen for the animals.
4. We should protect both plants and animals. We should plant more and more trees. We should protect wild animals in different sanctuaries, national parks and forest reserves.

Theme 3: We Adapt to Survive

Chapter 5: Plants – Adapting and Surviving

Main Coursebook

I am ready



MARIGOLD

SUNFLOWER

ROSE

Icebreaker: BANYAN

In-text Question

1. No
2. Yes

In-text Question

1. Lotus
2. Hydrilla

In-text Question

1. Agave
2. Bamboo

I am a learner

- A. 1. a 2. b 3. a
 4. b 5. b
- B. 1. False 2. False 3. True
 4. True 5. True
- C. 1. These are the plants that grow on land.
 2. This happens because air cannot penetrate the clayey soil.
 3. They provide food for human beings and

animals, such as wheat and rice. Some plants, such as bamboo, are used to make different things, such as baskets and mats.

- D. 1. i. Trees found in hilly areas are usually straight and tall. Such trees have needle-like leaves. Trees, such as fir, pine and cedar, are some trees found in hilly areas.
- ii. Trees in the plains have a lot of branches and leaves. These trees can tolerate heat and can grow in warmer climates. Examples of such trees are mango, sal and banyan.
- iii. Plants that grow in hot and damp areas also have a lot of leaves to prepare food in the presence of sunlight. Examples include coffee, tea, rice and pepper.
- iv. Plants in deserts do not have any leaves. Such plants have spines in place of leaves. Examples of such plants include agave and cactus.
- v. Areas that are wet and humid are known as marshy areas. Examples include papyrus and cattails.
2. i. **Floating plants:** These plants float on water. They are light in weight with smaller sizes. Examples include, water lettuce, duckweed and water hyacinth.
- ii. **Fixed plants:** These plants remain fixed to the water bed, for example, water lily and lotus. These plants have hollow and light stem, letting the leaves and flowers float on the water surface.
- iii. **Underwater plants:** These plants are completely submerged in the water. Such plants have narrow, long and ribbon-like leaves. Examples of such plants include tape grass, pondweed and hydrilla.

I am a thinker:

They get raw materials from water.

I am an all-rounder:

A. English

1. Jogita plants bamboo trees in the backyard of her house.
2. Rahul forgets to water the plants in his balcony.

B. Maths: 200

- C. **Social Studies:** Yes. Ashoka tree has anti-cancer properties.

Students' Worksheets

Worksheet 1

- A. 1. habitat 2. Terrestrial
3. Accept all relevant responses.
4. hilly 5. branches, leaves
- B. 1. False 2. False 3. True
4. False 5. False
- C. 1. → e 2. → a 3. → c
4. → b 5. → d

Worksheet 2

- A. 1. needle-like 2. Evergreen
3. spines 4. marshy
5. mangroves
- B. 1. True 2. False 3. False
4. True 5. True
- C. 1. DAMP 2. PLAINS 3. TERRESTRIAL
4. DESERT 5. MARSHY

Worksheet 3

- A. 1. The region or natural environment where an animal or a plant live naturally is called habitat.
2. These are the special features of a plant or an animal that allow it to survive and thrive in its habitat.
3. These are the plants that grow on land. For example, rubber and cotton.
4. These are the plants that float on water. For example, duckweed and water lettuce.
5. These are the plants that are completely submerged in the water. For example, tape grass and hydrilla.
- B. 1. DUCKWEED 2. WATER LILY
3. LOTUS 4. TAPE GRASS
5. HYDRILLA
- C. 1. False 2. True
3. True 4. False
5. True

Worksheet 4

- A. 1. PINE 2. BANYAN
3. PEPPER 4. AGAVE
5. CATTAILS
- B. 3.
- C. 1. Y 2. N 3. Y 4. N 5. N

Teacher's Worksheets

Worksheet 1

- A. 1. mango 2. pepper 3. papyrus
4. duckweed 5. tape grass
- B. 1. b 2. d 3. c 4. e 5. a
- C. 1. land 2. Underwater plants
3. needle-like 4. bamboo
5. Underwater

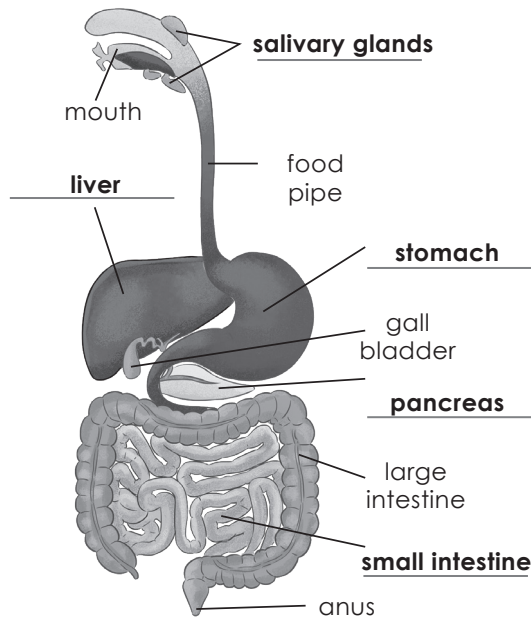
Worksheet 2

1. Floating plants float on water. They are light in weight with smaller sizes. Such plants help in protecting small water animals from the direct heat of the Sun. Examples include water lettuce and duckweed.
2. Fixed plants remain fixed to the water bed, for example, water lily and lotus. These plants have hollow and light stems, letting the leaves and flowers float on the water surface. Such floating leaves act as a nesting place for small birds.
3. Underwater plants are completely submerged in the water. Such plants have narrow, long and ribbon-like leaves. These plants remove the carbon dioxide exhaled by aquatic animals through photosynthesis, thereby helping clean the water. Examples of such plants include tape grass, pondweed and hydrilla.
4.
 - i. Some plants of the grass family provide food for human beings and animals, such as wheat and rice.
 - ii. Plants, such as bamboo, are used to make different things, such as baskets, chairs, mats and toys.
 - iii. Some of the grass plants are used to make medicines, such as Bermuda grass and couch grass.
 - iv. When grass is used in its dry form, it is used as a packing material.

Revision Worksheet

- A. 1. b 2. c 3. c 4. b 5. c
- B. 1. artificially 2. food 3. branches
4. medicine 5. chlorophyll
- C. 1. False 2. True 3. False
4. False 5. True

D.



- E.
1. Proteins help our body grow and repair.
 2. Chlorophyll impart green colour to the plants leaves.
 3. Animals cannot prepare their own food.
 4. If we do not take proper care of our teeth, it results in their decay.
 5. Clothes should be allowed to dry in an open room.
- F.
1. Incisors are present at the front of the lower and upper jaws. These are total

eight in number, four on each jaw. Incisors are used for biting and cutting the food.

2. Natural fibres are the materials that are derived from plants or animals. We obtain fibres, such as jute, linen and cotton, from plants. Fibres, such as silk, wool and fur, are obtained from animals. Synthetic fibres are the materials that are artificially prepared and are not found in nature. These fibres are also known as man-made fibres. Examples of such fibres are rayon, polyester and nylon. Synthetic fibres are wrinkle-free, waterproof, non-porous and stretchable.
3. Broomrape and rafflesia are two parasitic plants.
4. Plants, such as cactus and agave, do not have leaves. They make food in their green stems. There are some non-green plants, such as mushrooms. These plants lack chlorophyll, and therefore, they cannot prepare their own food. They depend on dead and decaying plants and animals for their food.
5. Plants prepare their food in the form of glucose. This is used in several ways:
 - It is used to get energy.
 - Some amount of it is used for growth.
 - The extra food is stored in stems, leaves or roots in the form of starch.