

Chapter 1

Exercise A - Page 19

1. Nutrients, Roughage, Water
2. Sugar, Starch
3. Soya-bean, Fish, Eggs
4. Vitamins and Minerals

Exercise B – Page 19

1. proteins
2. carbohydrates
3. Calcium
4. Water
5. blood

Exercise A – Page 21

1. all of these
2. carbohydrates and fats
3. all of these
4. all of these
5. Pickling

Exercise B - Page 22

1. Oil
2. protein
3. cannot be
4. covered
5. pickling

Exercise C – Page 22

1. Nutrients

2. Fish, Eggs, Pulses
3. Balanced Diet
4. Drying
5. Protective Foods

The crossword on page 26 doesn't have the right number of boxes. So don't do it. 😞

Chapter 2

Exercise on Page 30

1. four
2. permanent
3. enamel
4. floss
5. vitamin D

Exercise A – Page 31

1. Teething
2. 32
3. Calcium
4. Dentine
5. All of these

Exercise B – Page 31

1. temporary
2. molars
3. crown
4. Plaque

Exercise C – Page 31

1. Root
2. Pulp

3. Enamel

4. Dentist

Exercise D – Page 32

1. Brushing and Flossing

2. Milk and Eggs

3. Cavities (only 1 is mentioned in the book) and Sensitivity

4. Sweets and Fizzy Drinks

Chapter 3

Exercise on Page 38

Digestive System – DS

- Mouth

- Stomach

- Small Intestine

- Liver

- Rectum

- Anus

Excretory System – ES

- Kidneys

- Ureters

- Urinary Bladder

- Urethra

Exercise A – Page 39

1. Mouth

2. Small Intestine

3. Large Intestine

4. Urinary Bladder

5. Fibre

Exercise B – Page 40

1. oesophagus
2. digestive juices
3. excretory
4. kidneys
5. kidneys

Exercise C – Page 40

- | | | |
|--------------|---|------------|
| 1. Churning | - | Stomach |
| 2. Saliva | - | Enzyme |
| 3. Food pipe | - | Oesophagus |
| 4. Kidney | - | Urine |
| 5. Fibre | - | Roughage |

Chapter 4

Exercise on Page 47

1. environment, balance
2. support
3. fibrous
4. thick, food

Exercise on Page 51

1. True
2. False – Mango leaf has a narrower leaf blade.
3. True
4. False – Iodine test is conducted in a leaf to test the presence of starch.
5. True

Exercise on Page 55

1. Gives us coir and coconut oil
2. Gives us cotton
3. Gives us pulp for paper
4. Gives us timber (wood) for furniture
5. Gives us medicine
6. Gives us fibre and seeds

Exercise A – Page 56

1. Root

2. leaf
3. sunlight
4. Leaf Blade
5. Stomata
6. Glucose
7. stem

Exercise B – Page 56

1. Tap
2. growth
3. leaf
4. midrib
5. petiole

Exercise C – Page 56

1. Fibrous Root
2. Chlorophyll
3. Carbon Dioxide (day) and Oxygen (night)
4. Starch
5. Trunk

Exercise 2 – Page 58

- a. The leaf prepares food for the plant, stores food and exchanges gases.
- b. The leaf appears green because of chlorophyll.
- c. The leaf absorbs sunlight because of chlorophyll.
- d. The 2 types of leaf blades are:
 - Broad
 - Narrow
- e. The main vein of the leaf is known as midrib.
- f. Petiole is the other name of leaf stalk.
- g. The tiny pores on the upper surface of a leaf are known as stomata. It helps in transpiration and exchange of gases.

