

I. Identify the mistakes in the following sentences and rewrite them correctly:

1. Proteins give us energy to work and play.

2. Fats helps to form our bones and teeth.

3. Cakes add fibre to our diet.

4. Eating carbohydrates can cause diseases.

II. Name the food items that belong to the following food groups:

1. Energy – giving foods: _____, _____, _____

2. Foods rich in fibres: _____, _____, _____

3. Body building foods: _____, _____, _____

III. Fill in the blanks with the correct word.

1. _____ (Carbohydrates / Proteins) give us energy.

2. _____ (Milk / Sugar) is rich in minerals.

3. Butter and oil are sources of _____ (fats / proteins).

4. We should eat our meals _____ (on time / any time).

IV. Answer these short answer questions.

1. What are nutrients?

3. What is a balanced diet?

2. Why do we need protective foods in our diet?

4. What are unhealthy foods?

V. Answer these long answer questions.

1. Explain the functions of different nutrients in our body with examples.

2. Mention the important tips for healthy eating.

3. What is roughage? Why should we eat foods rich in fibres?

VI. Answer this picture based questions.

1. Is the boy shown in the picture eating a balanced diet?

2. What can happen if he continues to eat such a diet for a long time?

3. What can the child eat as a healthy meal instead of the food he is eating?



Chapter –2

Worksheet-2

I. Fill in the blanks with the correct words:

1. _____(Wire nettings / Curtains) prevent mosquitoes from coming into the house.

2. We _____(should /should not) keep the windows open to allow sunlight in the house.

3. Silk and _____are (wool / rubber) are animal fibres.

4. We _____(should / should not) wear cleaned and ironed clothes.

II. Match the following:

Column A

1. Ventilation
2. Cotton
3. Wool
4. Raincoat
5. Sunlight

Column B

- a. Animal fibre
- b. Man-made material
- c. Circulation of fresh air
- d. Kills germs
- e. Plant fibre

III. Answer these short answer questions.

1. Why should we cover the drains near our house?

2. Name any two natural fibres and man-made fibres.

3. Why is sunlight important for our house?

IV. Answer these long answer questions.

1. List any three things you do, to keep your house clean?
2. What are the different kinds of fibres? Explain with example.
3. List out 3 features of a good house.

V. Answer this picture based questions.

1. Name the dress worn by the child.

2. Which of these materials has been used to make it?

a. Jute b. Wool c. Silk d. Rubber.

3. Do you think that child could have worn a cotton dress in this case? Why?



Chapter –3

Worksheet-3

I. Match the following columns:

Column A

1. Soil
2. Fertile soil
3. Breakdown of rocks
4. Dead plants and animals
5. Moisture

Column B

- a. Makes the soil fertile
- b. Water trapped in soil
- c. Topmost layer of earth
- d. Due to sunlight, air and water
- e. Improves the quality of soil

II. Fill in the blanks with correct words:

1. The _____ of a plant grows into the soil. (root / stem)
2. Soil is formed by the breakdown of _____. (plants / rocks)
3. _____ (Dead plants and animals / Air) make the soil more fertile.
4. We should _____ (plant / cut) trees to protect the top soil.

III. Answer these short answer questions.

1. What is soil?
2. Why is the colour of soil not the same every where?
3. Name three animals which live in the soil.
4. List the things that soil contains.

IV. Answer these long answer questions.

1. How is soil formed?
2. List the different uses of soil.
3. How do plants protect the soil?

V. Answer these pictures based questions.



Picture 1



Picture 2

- i) After a month, what will happen to the things shown in pictures 1 and 2 ?

- ii) In which of these pictures, will the soil be fertile?

- iii) Which of the following should you always do to conserve soil?

- a. Continue throwing plastic and metal wastes in soil.
- b. Plant more trees.
- c. Continue throwing more chemicals.
- d. None of the above.

VI. Draw and label different layers of soil.