

Stop and Reflect (Pages 13 and 14)

- A. 1. (c) 2. (b) 3. (c) 4. (a) 5. (c)
- B. 1. True
2. False (Wheat and rice are some grains/seeds that we eat.)
3. True
4. False (Milk and curd are dairy products. or Meat and egg are poultry products.)
5. True
6. False (Meat and egg are not dairy products. They are proteins.)
7. True 8. True
9. False (We get different nutrients by eating different type of food every day.)

4

- C. 1. (d) 2. (a) 3. (e) 4. (b) 5. (c)
- D. 1. Coffee beans, milk and sugar
2. Different vegetables like tomato, onion, potato and cauliflower, and spices
3. Wheat flour and water
4. Chicken, spices, tomato and onion
5. White lentil, rice and water
- E. 1. Seeds 2. Seeds 3. Stem 4. Leaves and stem
5. Fruits 6. Seeds 7. Leaves 8. Flowers
- F. 1. Cheese and curd 2. Eggs and chicken 3. Tea and coffee
4. Fish and crab 5. Turmeric and clove
- (Answers may vary. Accept all logical answers.)

Crisp and Accurate (Page 14)

- A. 1. Materials that are used to prepare different food items are called ingredients. Food items may consist of a single ingredient or more than one ingredients.
2. Germinated seeds with small white outgrowths are called sprouts.
3. Seafood is defined as any form of sea life regarded as food by human beings. It is obtained from aquatic animals like fish, crab and prawn.
4. Scavengers are the animals that eat dead bodies of other animals and thus help to keep the environment clean. Hyena, vulture and jackal are examples of scavengers.
5. Decomposers are the organisms that feed on the dead remains of plants and animals, and break them into basic components. These include earthworms and beetles.
- B. 1. We need food for the following purposes.
- To perform various activities
 - To protect the body from diseases and keep it healthy
 - To repair injured body parts
 - To reproduce
2. Green plants are called producers because they prepare their own food by the process of photosynthesis.
3. Sprouting refers to the practice of germinating seeds. Sprouted seeds are edible and can be eaten raw as salad or cooked. They are rich in nutrients.
4. Parasites are small organisms that live in or on another organism and obtain food from that organism. For example, a mosquito survives on the blood that it sucks from the body of other animals
5. Omnivores or omnivorous animals eat both plants and animals. They have both sharp teeth like carnivores and flat teeth like herbivores. Human beings, bears, rats, crows and raccoons are examples of omnivores.
6. Eating a variety of healthy foods, drinking plenty of water and avoiding junk food can improve the quality of your diet and support good nutrition and health.
7. When we eat a variety of foods, our body receives different nutrients that are needed to stay healthy and strong. Different foods provide vitamins, minerals, proteins, fats and carbohydrates.

Think and Explain (Page 14)

1. Plants give us many food items. They are as follows.

- Fruits like banana, apple, mango, grapes, orange and pineapple
- Vegetables like carrot, potato, radish, cauliflower, onion and spinach
- Cereals like wheat, rice and maize
- Pulses like pea, bean and soya bean
- Oil from mustard, groundnut, coconut, olive, soya bean, cotton seed and sunflower
- Spices like turmeric, chilli, fennel, cumin and cardamom
- Sugar from sugar cane
- Beverages like tea and coffee

We obtain the following foods from animals.

- The products made from milk are called dairy products. Butter, curd, cheese, cottage cheese and ghee are dairy products. Milk is obtained from cow, buffalo, goat, sheep, camel and yak.
- Meat and eggs are called poultry products as they are obtained from poultry, i.e. domesticated birds like chicken and fowl. Meat can also be obtained from animals like goat and sheep.
- Seafood is defined as any form of sea life regarded as food by human beings. It is obtained from aquatic animals like fish, crab and prawn.

2. We can follow the steps given below to do sprouting at home.

- Take some dry green gram in a container.
- Wash them properly to remove dirt and soil.
- Now soak them in water in a container for a day.
- Next day, drain the water completely and leave the seeds in the container for another day.

We will find small white thread-like structures coming out of the seeds that shows the seeds have sprouted.

3. **Herbivores:** Herbivores or herbivorous animals eat only plants or plant products. Cow, buffalo, horse, goat, deer and elephant are examples of herbivores. They have sharp and broad front teeth or incisors to bite leaves and grass. They have flat teeth at the back of the mouth for chewing.

Carnivores: Carnivores or carnivorous animals eat only the flesh of other animals. Lion, tiger and wolf are examples of carnivores. They have sharp, pointed and curved canines to tear the flesh. They have flat teeth at the back to chew flesh and bones.

Omnivores: Omnivores or omnivorous animals eat both plants and animals. They have both sharp teeth like carnivores and flat teeth like herbivores. The sharp teeth are present in front of the mouth and the flat teeth are usually present behind the sharp teeth. Human beings, bears, rats, crows and raccoons are examples of omnivores.

4. Scavengers are the animals that eat dead bodies of other animals and thus help to keep the environment clean. Hyena, vulture and jackal are examples of scavengers. However, decomposers are the organisms that feed on the dead remains of plants and animals, and break them into basic components. These include earthworms, beetles and microorganisms like bacteria and fungi. Decomposers also help to keep the environment clean.