

Exercises

Ex. A) Fill in the blanks: (Ans)

- (1) autotrophs
- (2) proteins
- (3)sugars
- (4) stem and root
- (5) coffee and tea
- (6)rice and wheat
- (7) leaves and seeds
- (8) fungi
- (9) spinach and cabbage
- (10) food

Ex.B) True or false:

- (1) we can store proteins in our body. (false)
- (2) plants are known as autotrophs. (True)
- (3) sugar is a protein. (false)
- (4) proteins are needed for energy. (false)
- (5) Milk is a complete food. (True)

Ex. C) Define the following :

- (1) Autotrophs : plants are called autotrophs as they prepare their own food by photosynthesis.
- (2) Heterotrophs : Animals are called Heterotrophs as they cannot make their own food but depend on plants directly or indirectly for food.

Ex. D) Give two examples of each of the following :

- (1) spices : chillies, Termeric
- (2) Fruits : Apple , Mango
- (3) That provide oil : Mustard oil , coconut oil
- (4) Edible roots : Radish ,carrot
- (5) Fruits as vegetables : Tomato , pumpkin

Ex. E) Answer in short :

- (1) what are autotrophs?

Ans. Plants are called autotrophs as they prepare their own food by photosynthesis.

(2) How are spices useful ?

Ans. Spices are very important as food and as medicine. They bring out the unique natural taste and aroma to the food.

(3) why should we wash fruits and vegetables before eating ?

Ans. Because pesticides and other harmful bacteria are there on the vegetables and fruits.

(4) Give two examples of trees whose all the parts are useful.

Ans. 1. Neem 2. Coconut

(5) Sea food rich in which element ? Give some examples of sea food .

Ans. Sea food rich in proteins. Examples : fish , crabs , oysters , prawns etc.

Ex. G) choose the correct option :

(1) one of the following is not a cereal

Ans. beans

(2) The best source of proteins

Ans. eggs

(3) Example of spices

Ans. all the above

(4) The vitamin which is absent in milk

Ans. Vitamin C

Ex. F) Long answer questions:

(1) why do we cook food ?

Ans. Because cooking help us to digest the food well and fast. The germs in it are also killed in the process of cooking. It also increase the taste and aroma. Different people cook the same food differently.

(2) Draw a diagram of a plant to show different plant parts.

Ans.

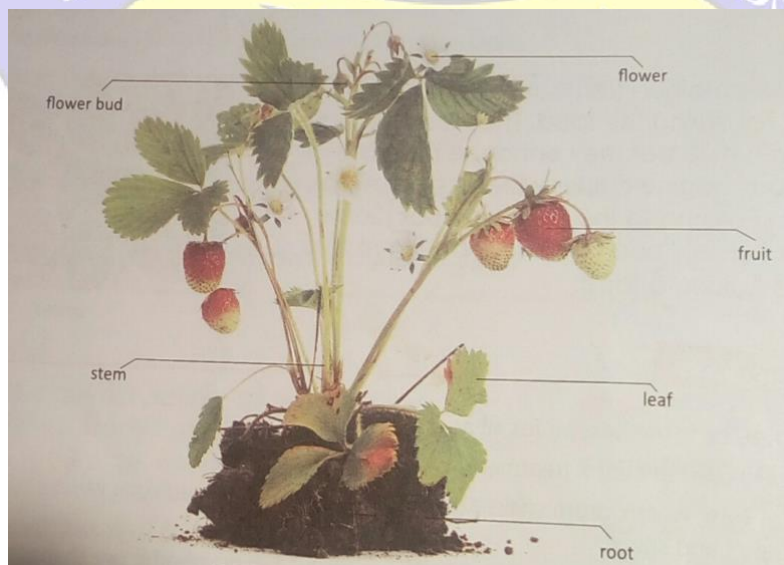


Fig. - parts of plant

(3) write a short note on proteins and their sources.

Ans. Proteins are made up of nitrogen and sulphur besides carbon, hydrogen and oxygen. Proteins have to be digested in our body before entering into the blood. So they have to be broken down into simpler substances. The foods rich in proteins are milk, eggs, fish, prawns, meat, all pulses and some nuts. Soya bean is a plant protein which provides as much as protein obtained from meat.

(4) How are mushrooms different from other kinds of food ?

Ans. Mushrooms are neither plants nor animals but they belong to a group known as fungi. They grow on rotting, decaying matter without soil and provide us with a good amount of proteins.

(5) what is the difference in carbohydrates and fats ?

Ans. Fats are a good source of energy like carbohydrates. But 1 gram of fat gives more than twice the amount of energy than 1 gram of carbohydrate. But 70% of our energy comes from carbohydrates alone.

(6) what is photosynthesis? How are Heterotrophs different from autotrophs ?

Ans. The process in which plants prepare their food with the help of carbon-dioxide and water in the presence of sunlight and chlorophyll is called photosynthesis.

Autotrophs make their food through photosynthesis using the energy of the sun. And Heterotrophs cannot make their own food, so they must eat or absorb it.

Here are the videos for this chapter

(1) <https://youtu.be/W1MspsVtsuU>

(2) <https://youtu.be/ypg5uDGAmIw>

