

Let's Update
Subject –English
Class – IV (2020-21)

Revision Sheet Unit- I

Section – A (Reading)

Q1 Read the passage and answer the questions that follow.

Have you ever wondered, how many feathers does a bird have? The answer is simple, the bigger a bird is, the more feathers it has on its body. A humming bird has 900, while a swan has 25,000 or even more. Feathers come in all shapes, sizes and colours. They are so strikingly beautiful that a person is just tempted to pick them up.

The soft, silky and velvety feathers keep the bird warm, others keep it waterproof in the rain and the big and strong feathers give it the strength to fly.

Feathers of a bird are frequently used and worn out. These are replaced by a set of new ones almost every year. As the new ones grow, the old ones slowly fall. This process is called moulding.

The feathers are used by human beings in various ways. They are used in pillows and caps. Before the invention of pens, people wrote with large feathers with pointed ends called quills. Even today, in Panama in Central America, hunters use bright feathers for headgears. The zoos and bird sanctuaries all over the world collect the moulded feathers. They send them to Panama because there is no point in hunting birds for feathers. It's a wise step to save the birds from being killed for the sake of headgears.

Answer the following questions.

Q1 How many feathers does a humming bird have?

Ans. _____

Q2 What do you mean by moulding?

Ans. _____

Q3 What do you mean by quills?

Ans. _____

Q4 Complete the sentence.

They send them to Panama because _____

Q5 Write any two nouns from the passage and state their kinds.

Ans. _____

Section – C (Grammar)

Q5 Re- arrange the following words to form meaningful sentences.

(a) hamper/gift /chocolates /fruits /the /is/ of /full/ and

(b) are /ripe/ mangoes /these

(c) trees/ are/ very /coconut/ useful

(d) are/ at/ what/ you/ looking?

(e) fought /soldiers /the /bravely/ very

(f) the /always/ we /truth /should /speak

(g) fast /the /galloped /horse

(h) favourite/ is/ my /cricket/ game

(i) a /lamp /wonderful /Aladdin /had

(j) jumped /pond /of /out /frog /the/ the

Q6 Identify the kinds of given sentences.

(a) Neha is fond of chocolates. _____

(b) Please, cover your notebook. _____

(c) Where is Ritika? _____

(d) Wow, What a beautiful dress! _____

(e) She is my best friend. _____

(f) How are you feeling now? _____

(g) Rohan is a naughty boy of my class. _____

- (h) Don't shout in the class. _____
- (i) Hurrah! We won the match. _____
- (j) Where are you going? _____

Q7 Circle the subject and underlined the predicate in the following sentences.

- (a) Arun has scored the highest marks in the class.
- (b) Mr. Gupta is an engineer.
- (c) Where are you going?
- (d) The hunter shot the lion dead.
- (e) The man in black hat is my grandfather.
- (f) Birds build nests in trees.
- (g) My new watch keeps good time.
- (h) The village master has taught us a poem.
- (i) Are you learning it?
- (j) Where is Uncle John?

Q8 Punctuate the following sentences.

- (a) there are two chairs in this room

- (b) mahatma gandhi is called the father of the nation

- (c) ants are always busy

- (d) how sweet this rose smells

- (e) albert einstein was born in germany

- (f) bread is made from flour

- (g) have you finished your task

(h) saroj is in jaipur these days

(i) wow how pleasant is the weather today

(j) jupiter is also a planet

Q.9 State the kinds of the under lined nouns.

(a) Abdul and Ahmed are brothers.

(b) Delhi is the capital of India.

(c) Mr. Lal is flying to Singapore on Friday.

(d) There was a large crowd in the Tagore street.

(e) Columbus discovered America.

(f) We had lot of fun in the party.

(g) This chair is made of plastic.

(h) I have a woolen jacket.

(i) My house is made up of marble.

(j) This road is very narrow.

Q10(A) Complete the table of noun number.

	Singular	Plural
(a)	day	_____
(b)	bench	_____
(c)	_____	knives
(d)	deer	_____
(e)	army	_____

Q10(B) Fill in the blanks with the correct form of noun -numbers.

- (a) I have bought four _____ from the shop. (toffee / toffees)
- (b) My mother is cooking many _____ for the party. (dish/ dishes)
- (c) The _____ of this tree have become yellow. (leaf / leaves)

Q10(C) Change the numbers of the given sentences.

- (a) The child is studying in the class.

- (b) The baby was crawling near the bed.

Q11(A) Write the genders of the following.

	Masculine	Feminine
(a)	duke	_____
(b)	_____	bitch
(c)	emperor	_____
(d)	_____	bride
(e)	shepherd	_____
(f)	wizard	_____
(g)	actor	_____
(h)	man	_____
(i)	_____	poetess
(j)	cock	_____

Q11(B) Change the genders of the following and re write the sentence.

(a) My mother will come to attend the PTM.

(b) The mare ran fast in the race.

(c) Her nephew is coming to India.

(d) The lion was sitting with the cubs.

(e) My English teacher is a monk.

(f) My sister was talking to her mother in law.

(g) We pray to God Lakshmi on Diwali.

Section – D (Main Course Book)

Q12 Give the meanings of the following words.

(a) bearer - _____

(b) flaws - _____

(c) ponder - _____

(d) hamlet - _____

(e) dares - _____

(f) ruby- _____

(g) edge- _____

(h) guilty- _____

Q13 Frame sentences in your own words.

(a) apologise -

(b) pebbles -

(c) across -

(d) promised -

(e) blessings -

(f) ashamed -

Q14 Answer the following questions.

(a) **Why do you think, the pot looked at the bearer and smiled?**

Ans. _____

(b) **What do you learn from the story “The Cracked Pot”?**

Ans. _____

(c) **When did Dadi decide to explain about the pebbles?**

Ans. _____

(d) **Who was the naughty boy?**

Ans. _____

(e) Who was going on a long journey?

Ans. _____

(f) What did the barber make?

Ans. _____

Q15 State (T) True or (F) False.

(a) A water bearer in India had two large pots, one hung on each end of a pole, which he carried across his neck. _____

(b) The perfect pot was not proud of itself. _____

(c) Grandmother pampered Rahim. _____

(d) Dadi was carrying jars to Chachi's house. _____

(e) The washer man's copy look like the edge of washing stone. _____

Q16 Complete the following sentences.

(a) Everyone of us _____ advantage.

(b) Each man was told to make a _____

(c) Rahim and his Dadi _____ Lucknow.

Q17 Who said this to whom?

"I have three witnesses who saw me return your precious ruby."

Ans. _____ to _____

"Who dares to call my child bad?"

Ans. _____ to _____

Comprehension

I Read the passage and answer the questions that follow.

Once a king was very ill. He did not expect to live more. He had only one son who had just turned ten. The king wanted to find a good adviser for his son before he died. One day he asked his courtiers. ‘Am I a wise and good king?’ They said that he was the wisest and the best king in the world. The king gave a diamond to each one of them.

There was a young, handsome and wise courtier, who was not happy and sat in a corner. Addressing him the king said ‘You have not answered my question. Don’t you agree with what the other courtiers have said, ‘He said ‘Your Majesty, my reply will be slightly different. I am afraid you may not like it. ‘The king asked him to express his opinion fearlessly. The courtiers said that the king was wise and good but there had been kings wiser and better than him. After hearing this answer, the king was very happy and gave him a diamond as big as almond. He also chose him as his son’s adviser.

Answer the following questions.

Q1 What did the king want to find for his son?

Ans. _____

Q2 What question did he ask his courtiers? What was the reply?

Ans. _____

Q3 What did king give to each of the courtiers?

Ans. _____

Q4 How big was the diamond given to the courtier whose answer was different?

Ans. _____

Q5 Did every courtier agree that the king was the wisest and best in the world?

Ans. _____

Q6 Write the opposite of the following from the passage.

Sad: _____ **foolish:** _____

II Read the passage and answer the questions that follow.

In the night sky, the Moon looks large, bright and beautiful. In fact, when we compare it with the Earth, it is very small. Its size is one-fourth of the Earth. The Sun and the Moon are not of the same size. The Sun is equal to 400 Moons. The Earth is 81 times heavier than the Moon. The Sun is 27 million times heavier than the Moon. The Moon is much closer to the Earth so it looks big to us. Next to the moon the Planet Venus is nearest to us. But the distance between the Earth and the Venus is one hundred times the distance between the Earth and the Moon. The Moon gets its light from the Sun. It has no light of its own. In the day time, we cannot see the Moon because the sunlight is much brighter.

Answer the following questions.

Q1 How does the moon look at night?

Ans. _____

Q2 Which is smaller the Earth or the Moon?

Ans. _____

Q3 How many moons can be put across the middle of the sun?

Ans. _____

Q4 Where does the moon get its light from?

Ans. _____

Q5 Why can't we see moon during the day time?

Ans. _____

Q6 Write any two nouns from the passage.

Ans. _____

Word Meanings

S.No.	Word	Meanings
1	Continents	Various parts of land
2	Obtain	To get
3	Converse	Talk
4	Collect	Gather
5	Afraid	Scared
6	Manufacture	Prepare
7	Occasion	An incident
8	Suggest	To hint
9	Supper	The last meal of the day
10	Pail	Bucket
11	Exhausted	Tired
12	Struck	Hit
13	Cheerfully	Happily
14	Angel	Fairy
15	Exceeding	Increasing
16	Wallet	Purse
17	Century	Any set of hundred
18	Beverage	Any liquid drink
19	Adjoin	To join something
20	Barrier	Fence
21	Fowl	To hunt
22	Misspell	Spell wrongly
23	Revert	To turn back
24	Abdomen	Lower part of stomach
25	Fruitful	Very productive



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Let's Update
Subject – Maths
Class – IV (2020-21)

Revision Sheet Unit – I

Chapter – 2, 4, 5, 8, 9

I Fill - Ups

1. _____, _____ and _____ are never subtracted.
2. $XL + LX =$ _____
3. $VII \times IX =$ _____
4. $LXXVIII - LXVI =$ _____
5. $XXXV \div VII =$ _____
6. Complete the pattern in 66967, 76967, 86967, _____, _____.
7. $60,000 - 1 =$ _____.
8. 70 hundreds + 50 tens = _____.
9. When we change the order of the addends, the sum remain _____.
10. Answer of subtraction is called _____.
11. $400 \times 60 =$ _____
12. $5700 \div 19 =$ _____
13. $27000 \div 300 =$ _____
14. Answer of multiplication is called _____.
15. 88743 rounded to the nearest thousand is _____.

II Write in Hindu Arabic Numeral.

- (a) LXXIX = _____ (b) XCVIII = _____
(c) XLIII = _____ (d) XXXVI = _____
(e) XIX = _____ (f) XIV = _____

III Write in Roman Numeral.

- (a) 96 = _____ (b) 43 = _____ (c) 56 = _____
(d) 88 = _____ (e) 23 = _____ (f) 64 = _____

IV Compare.

- (a) XCIV XCVI (b) $31 - 11$ XIX (c) $64 - 14$ L
(d) LXIV 8×9 (e) $48 + 12$ $XV \times IV$ (f) $35 \div 5$ X

V Write in words.

- (a) $\frac{11}{17}$ (b) $\frac{7}{12}$ (c) $\frac{3}{8}$ (d) $\frac{2}{9}$

VI Write the fraction of the following fractional number.

- (a) Three-eighths (b) Two-elevenths (c) Nine-thirteenths

VII Write next three fractions equivalent to $\frac{8}{9}$.

VIII Arrange in descending order:

$$\frac{2}{9}, \frac{5}{9}, \frac{4}{9}, \frac{7}{9}, \frac{8}{9}$$

IX Subtract $\frac{11}{20}$ from $\frac{21}{20}$.

X Represent $\frac{3}{7}$ on the number line.

XI Subtract 76,837 from 8,00,000.

XII The population of a town is 8,76,543. Out of these 5,42,678 are males. How many females are there in the town?

XIII 12,685 books were brought for the primary section of the school library. 15790 books were bought for the middle section, and 13,698 books for the senior section. What was the total number of books bought?

XIV Estimate the product of 52 and 78.

XV Estimate the sum of 257 and 112.

XVI Estimate the difference of 789 and 446.

XVII Multiply 485 by 217.

XVIII Divide and find the Quotient and Remainder. $5469 \div 64$

XIX A fund of Rs. 8,05,788 was needed for an old age home. 324 families decided to raise the money. What would be the contribution from each family?

XX The sum of two numbers is 38,400. If one of the number is 24809. Find the other.



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Let's Update

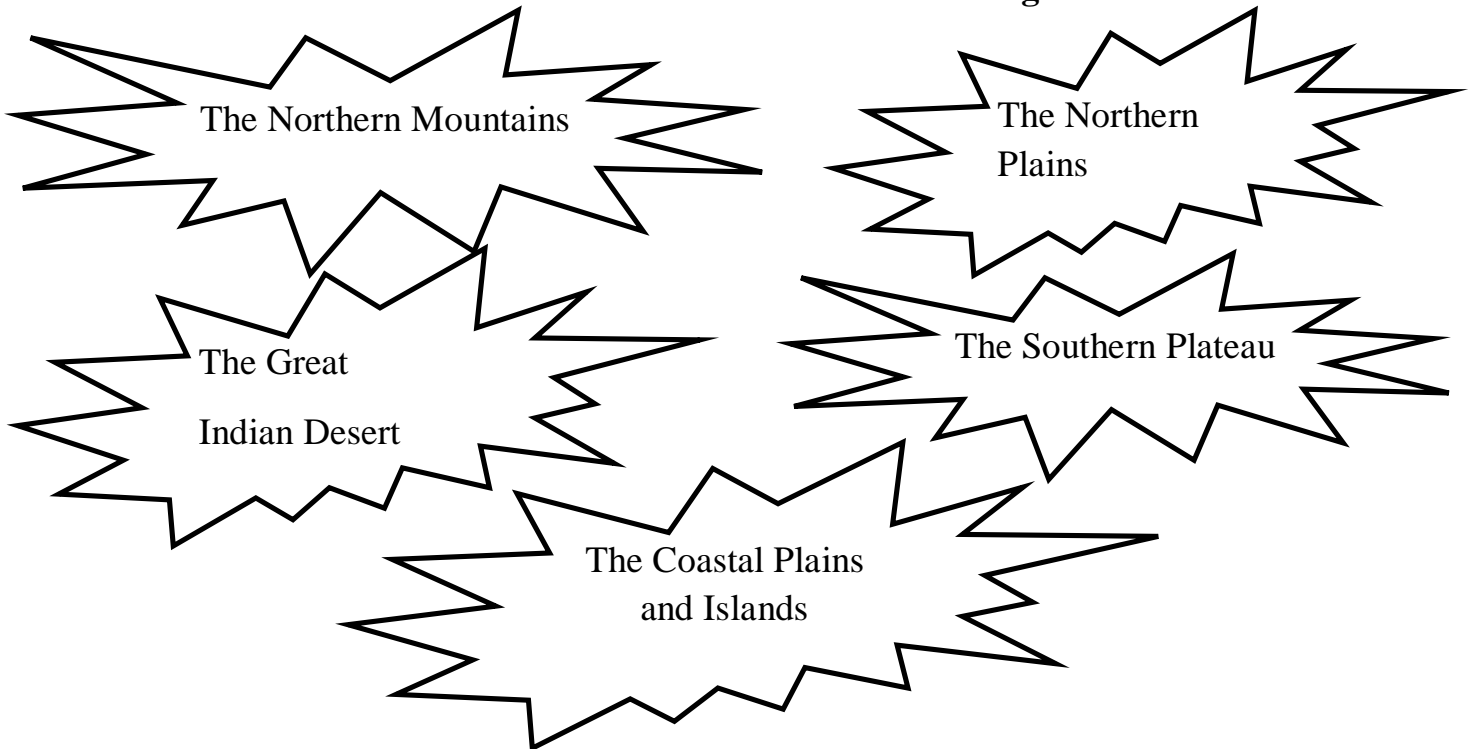
Subject – S.St

Class – IV (2020-21)

Lesson – 1 India (The Heavenly Land)

Position of our country	Seventh largest country
Length	3, 214 km
Breadth	2, 933 km
Northern Most State	Jammu and Kashmir
Southern Most State	Tamil Nadu
Eastern Most State	Arunachal Pradesh
Western Most State	Gujarat
Water Bodies	Bay of Bengal, Arabian Sea, Indian Ocean
Continent in which India is located	Asia
Southern Most tip of mainland India	Kanyakumari
Southern Most tip of our country	Indira Point
Neighbouring Countries	Pakistan, Nepal, Bhutan, Srilanka

On the basis of Landforms India is divided into five Natural Regions



Lesson -2 (The Northern Mountains)

The Northern Mountains

Length – 2500 Km

Location Jammu and Kashmir,
Arunachal Pradesh

Neighbouring Countries
Nepal,
Bhutan

Himalaya

Ranges

Himadri

Himachal

Shivalik

States

Jammu & Kashmir

Himachal Pradesh, Uttarakhand

Himachal Pradesh, Uttarakhand

Famous For

1. Source of river
2. Natural Border
3. Highest Peak

1. Hill Stations

2. Tea Gardens
3. Holy Places

1. Useful Wood

2. Gums & herbs
3. Wild Life Sanctuaries

States of Northern Mountains

States

1. Jammu and Kashmir
2. Himachal Pradesh
3. Uttarakhand
4. Sikkim
5. Arunachal Pradesh
6. Manipur
7. Meghalaya
8. Mizoram
9. Nagaland

Capitals

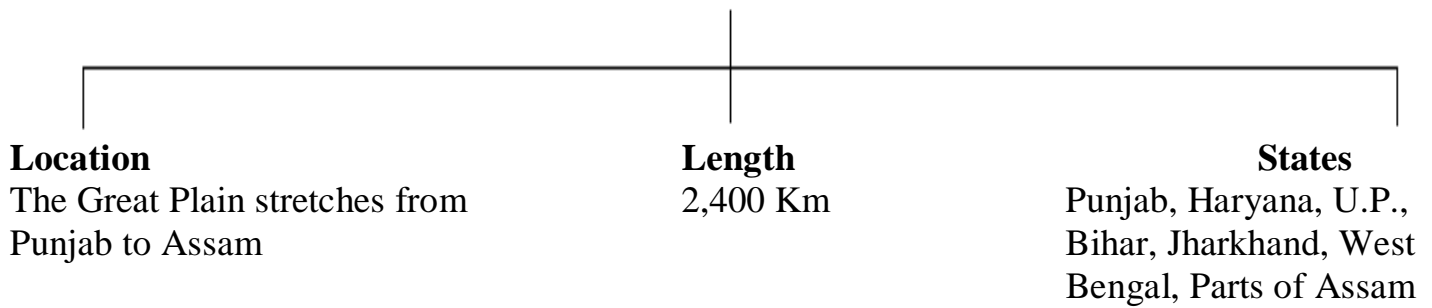
- a) Srinagar
- b) Shimla
- c) Dehradun
- d) Gangtok
- e) Itanagar
- f) Imphal
- g) Shillong
- h) Aizawal
- i) Kohima

Crops

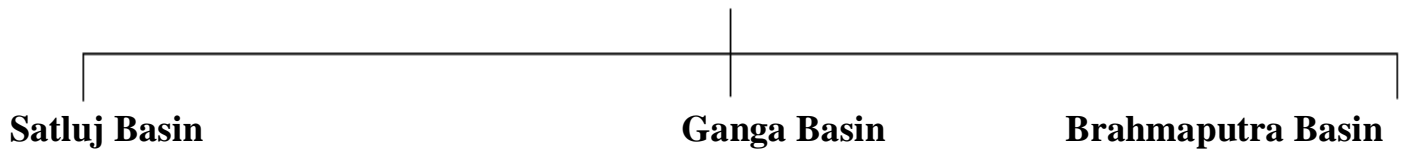
- rice, rajma
- maize, barley
- rice
- wheat, barley
- mustard, maize
- rice, wheat
- rice, jute
- rice, mustard
- rice, maize

Lesson – 3 (The Northern Fertile Plain)

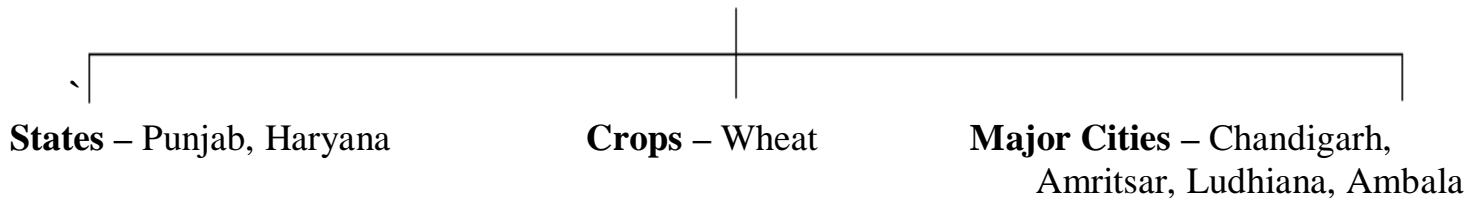
Northern Fertile Plain



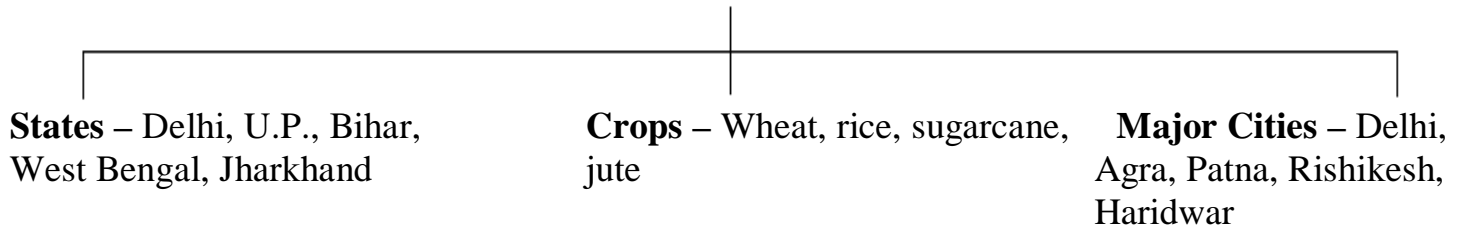
Three River Basin



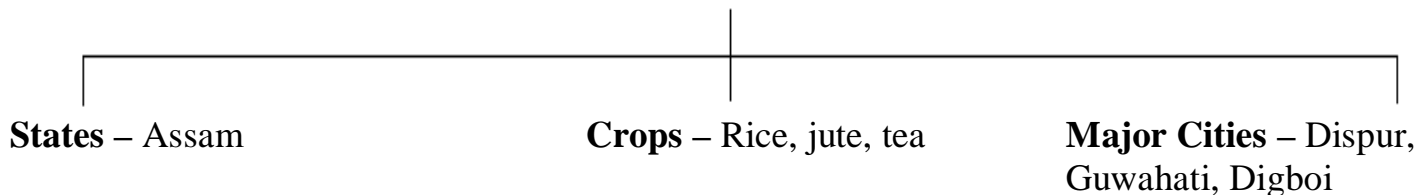
The Satluj Basin



The Ganga Basin



The Brahmaputra Basin



Life in Satluj Basin

States	Punjab, Haryana
Famous Cities	Amritsar, Chandigarh
Crops	Wheat, millet, gram, oilseeds
Occupation	Farming, Dairy Farming
Festival	Lohri, Baisakhi, Diwali, Basant Panchami
Tourist Spot	Golden Temple
Dish	Makki ki Roti Sarson ka Saag
Dance	Bhangra, Giddha

Life in Ganga Basin

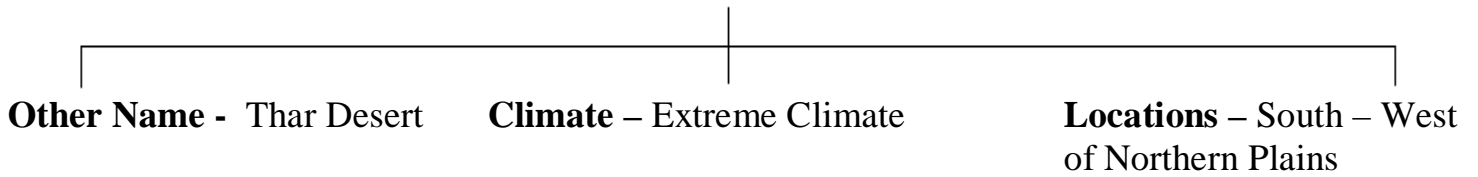
States	U.P., Jharkhand, Bihar, West Bengal
Famous Cities	Banaras, Haridwar, Delhi, Kolkata, Agra
Crops	Rice, Sugarcane, Wheat, Jute
Occupation	Farming
Festival	Durga Puja
Tourist Spot	Haridwar, Red Fort, Taj Mahal
Dish	Rice, Fish, Rasgulla
Dance	Chhau, Jatra

Life in Brahmaputra Basin

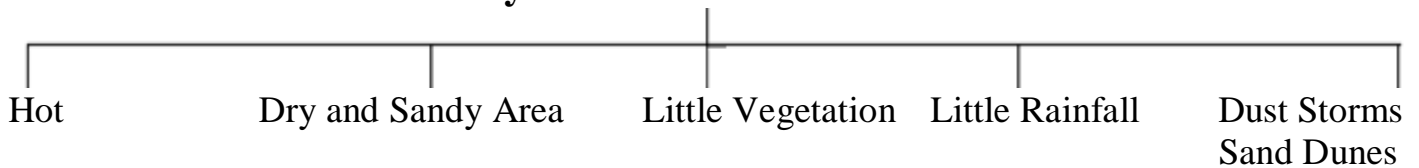
States	Assam, Tripura, Arunachal Pradesh
Famous Cities	Digboi, Guwahati, Shillong
Crops	Rice, Jute, Tea
Occupation	Tea Farming
Festival	Bihu
Tourist Spot	National Park, Bird Sanctuaries, Wild Life Sanctuaries
Dish	Fish, Rice
Dance	Bihu

Lesson – 4 (The Great Indian Desert)

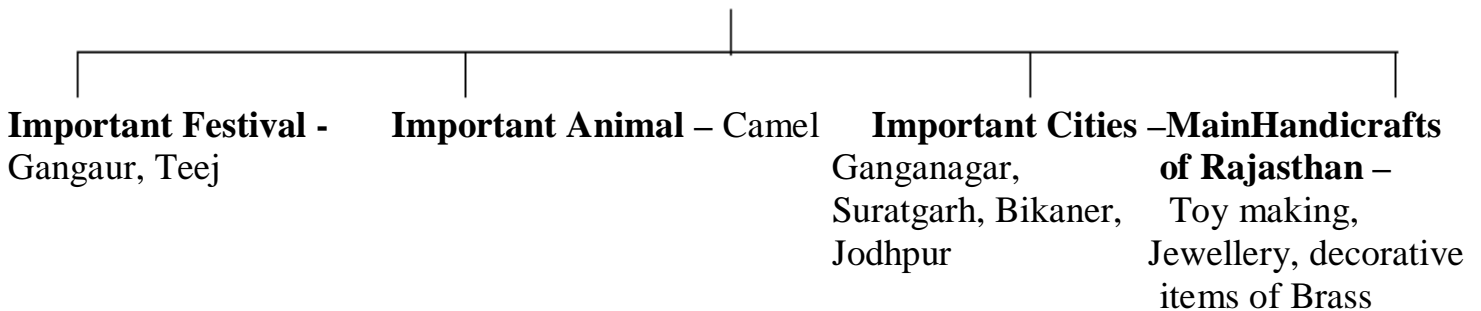
The Great Indian Desert



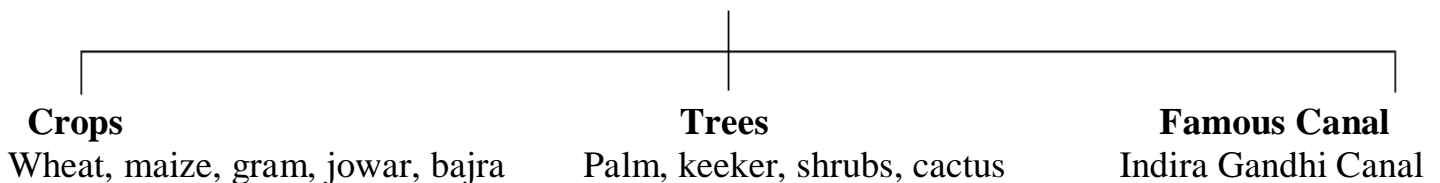
Physical Features of Desert



Life of the People in Great Indian Desert



Features of Rajasthan



Revision Sheet Unit – I
Lesson- 2,3,4

A. Tick (✓) the correct answer.

1. The Great India Desert is also called the _____ desert.
(a) Sahara (b) Thar (c) Ganges
2. Which of the following is a newly formed state of India?
(a) Tripura (b) Assam (c) Chhattisgarh
3. The capital of Himachal Pradesh is
(a) Shimla (b) Kullu (c) Manali
4. The north-eastern states are called the
(a) six sisters (b) seven sisters (c) eight sisters
5. _____ is the largest state in the north-east
(a) Sikkim (b) Arunachal Pradesh (c) Manipur
6. The height of Mt. Everest is about
(a) 8,848m (b) 8,611m (c) 4,324m
7. The people of Kashmir stay warm with the help of a _____
(a) Kangri (b) scarf (c) boku

B. Fill in the blanks.

1. _____ mountains border our country on the northern side.
2. The two famous lakes in Jammu and Kashmir are _____ and _____.
3. _____ means 'land of the hilly people'.
4. _____, an India woman succeeded in climbing the Mount Everest.
5. _____ is the highest mountain peak in India.

C. Name the following: -

1. Which mughal emperor called Kashmir 'The Heaven on Earth'? _____
2. Two trees that grow in desert region. _____
3. Two main festivals celebrated in Jammu and Kashmir _____
4. Which mela is held in Haridwar after every 12 year? _____
5. Name the folk dance of Manipur _____
6. Two mountaineers who climbed the Mt. Everest first _____
7. Two crops grown in Nagaland _____
8. Two tribes of Sikkim _____
9. Two hill station of Uttarakhand _____
10. High peaks of Great Himalayas _____

D. Match the following.

Column A

1. Punjab
2. Sikkim
3. Uttarakhand
4. Kullu
5. Gulmarg
6. Dhazu
7. Bhutia
8. Tripura
9. K2
10. Nagaland

Column B

- a) Kohima
- b) Mount Godwin Austin
- c) Chandigarh
- d) Jammu & Kashmir
- e) Himachal Pradesh
- f) Agartala
- g) Gangtok
- h) Sikkim tribe
- i) Dehradun
- j) Dussehra

E. True/ False. Write correct statement also.

1. Lepcha is a type of flower found in Sikkim.

2. Mount Godwin Austin is the second largest peak in the world.

3. The middle Himalaya is also known as the Himachal.

4. Small hills of rocks are called sand dunes.

5. The north- eastern states are called the six sisters.

F. Answer the following question in brief: -

1. Which two mountain ranges comprise the northern mountains?

Ans

2. Why is Kashmir called the Heaven on earth?

Ans

3. What is a Desert?

Ans

4. Name the three river Basins? Write two lines on Satluj Basins?

Ans

G. Answer the following question in detail.

1. Write five lines on Himadri.

Ans

2. Name the important cities of Rajasthan.

Ans _____

3. Which north- eastern states are called the seven sisters of India?

Ans _____

4. Describe the life of people living in the state of Sikkim.

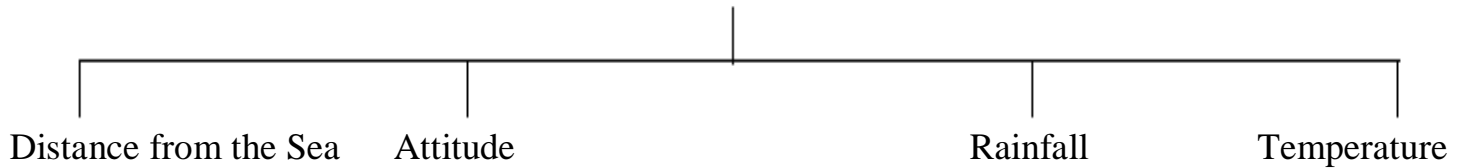
Ans _____

5. Describe the climate of desert region?

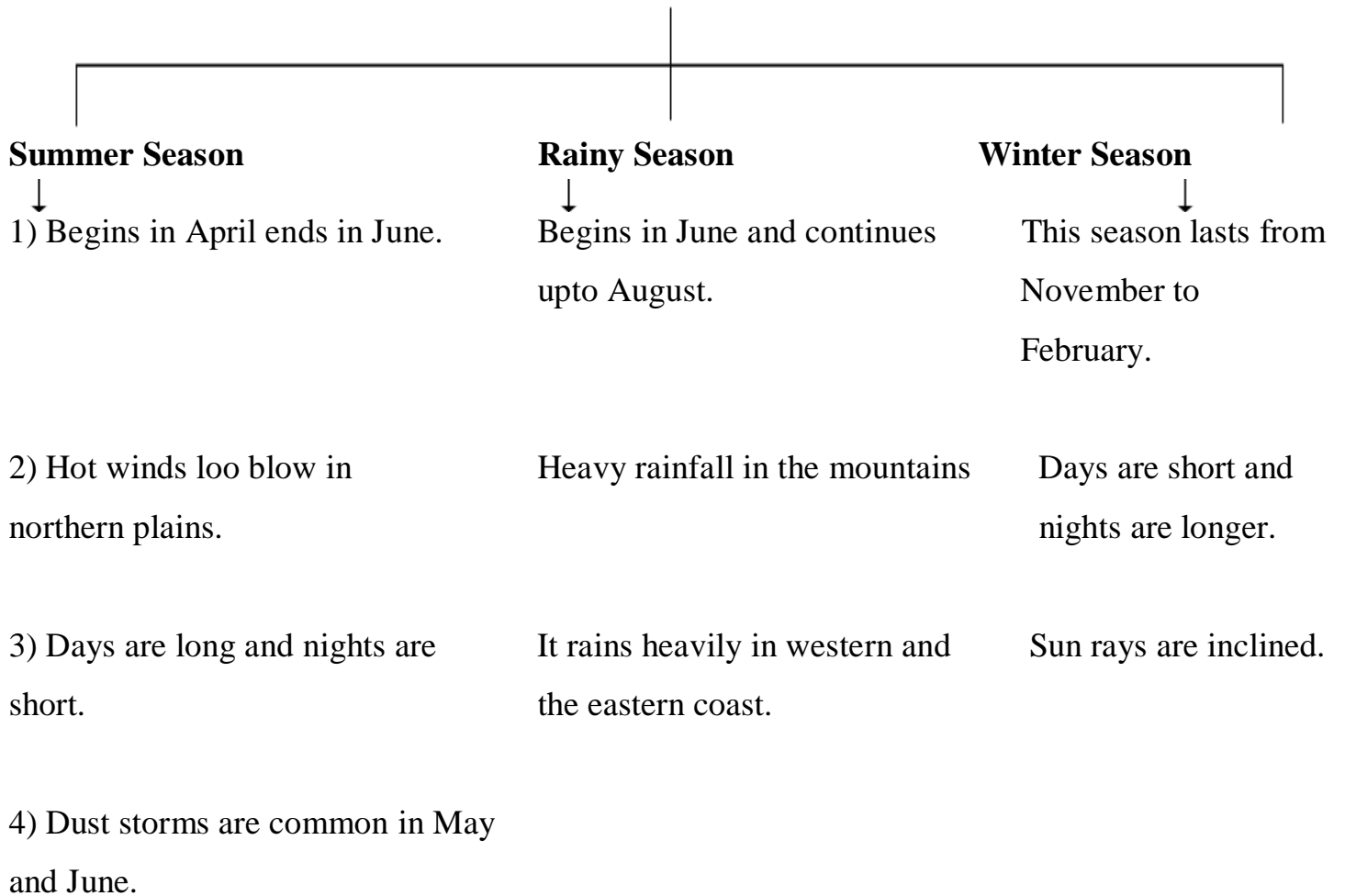
Ans _____

Lesson – 7 (Seasons and Climate in India)

Factors that Affect the Climate of a Place



Cycle of Seasons



Lesson – 9 (Soil of India)

Formation of Soil

Top layer of the earth's surface

Formed by breaking up of rocks

Spread by wind and rainfall

Types of Soil	Where it is found	Suited Crop
Alluvial	Northern Plains	Wheat, rice, jute, sugarcane
Red	Deccan Plateau	Millet, Ground nut
Black	North – Western Part of Deccan Plateau	Cotton and Sugarcane
Sandy	Desert Area	Jowar, Bajra
Thin and Coarse	Hill Slopes	Fruit Trees

Soil Erosion

Meaning – Removal of soil by running water and wind

Causes – Deforestation, floods

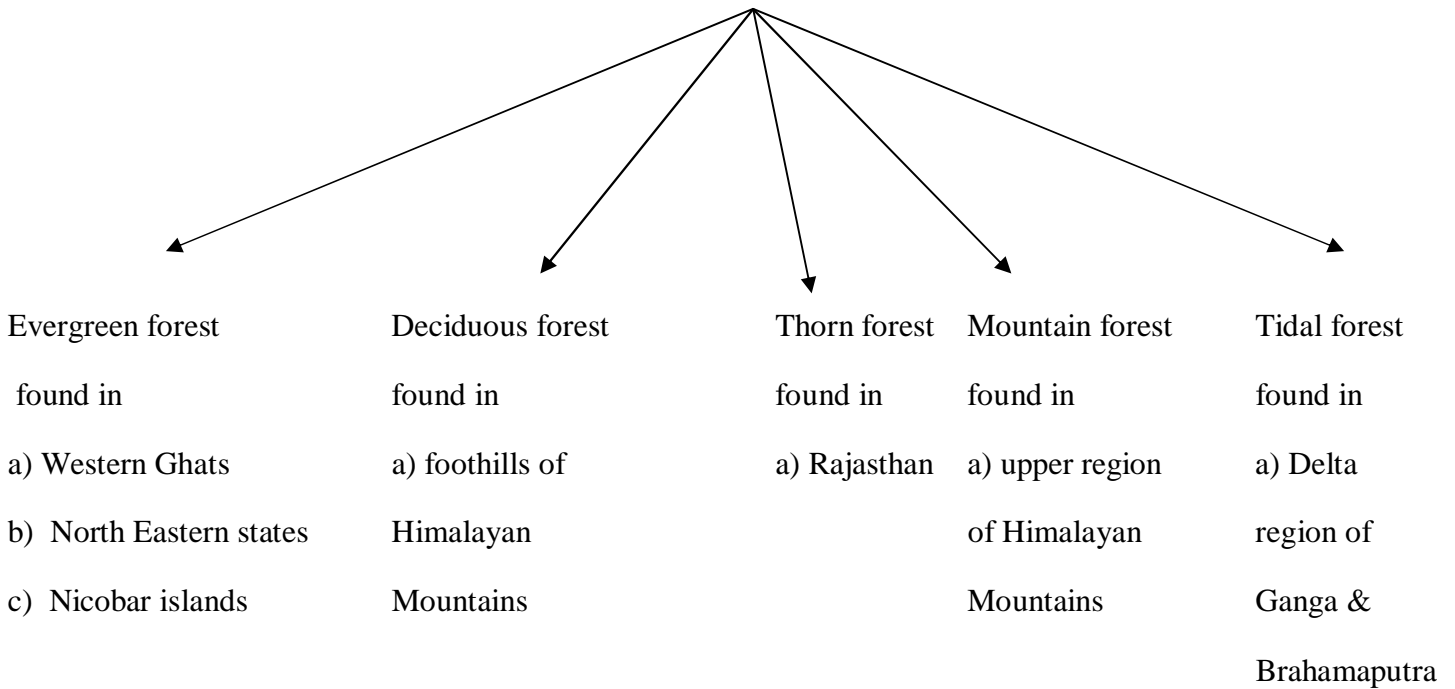
Ways to Check Soil Erosion –

- (1) Step Farming
- (2) Planting more trees, Planting grass, shrubs

Lesson – 10 (Our Forests)

Forests are large areas covered with dense vegetation, several kind of plants, tree, shrubs, climbers, creepers etc

DIFFERENT TYPE OF FORESTS



WILDLIFE- deer, elephant, tiger, rhino and hippopotamus

USES OF FOREST- get timber, bamboo and soft wood, for building homes, furniture and we find various herbs. The govt. made many laws for protection of trees such as **CHIPKO MOVEMENT**.

VANMAHOTSAVAS AND “FOR EVERY CHILD A TREE” are aimed to increase awareness among people to protect the environment.



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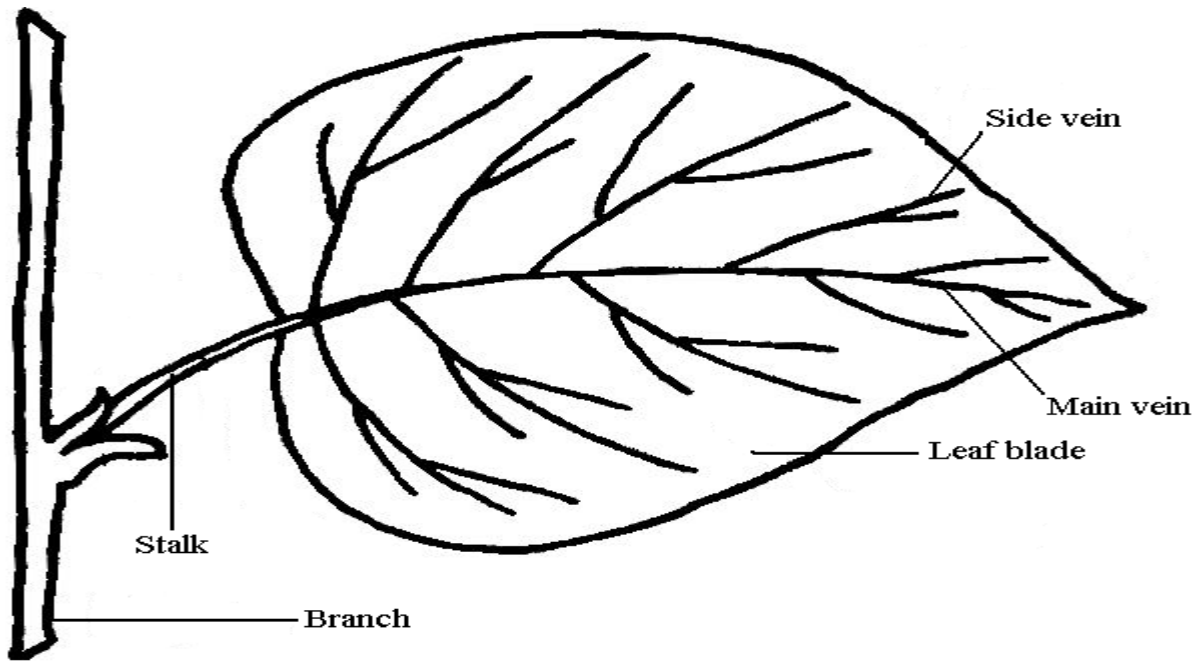
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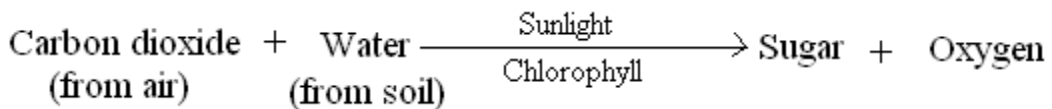
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Let's Update
Subject – Science
Class – IV (2020-21)

Lesson - 1 (Green Plants) Parts of Leaf



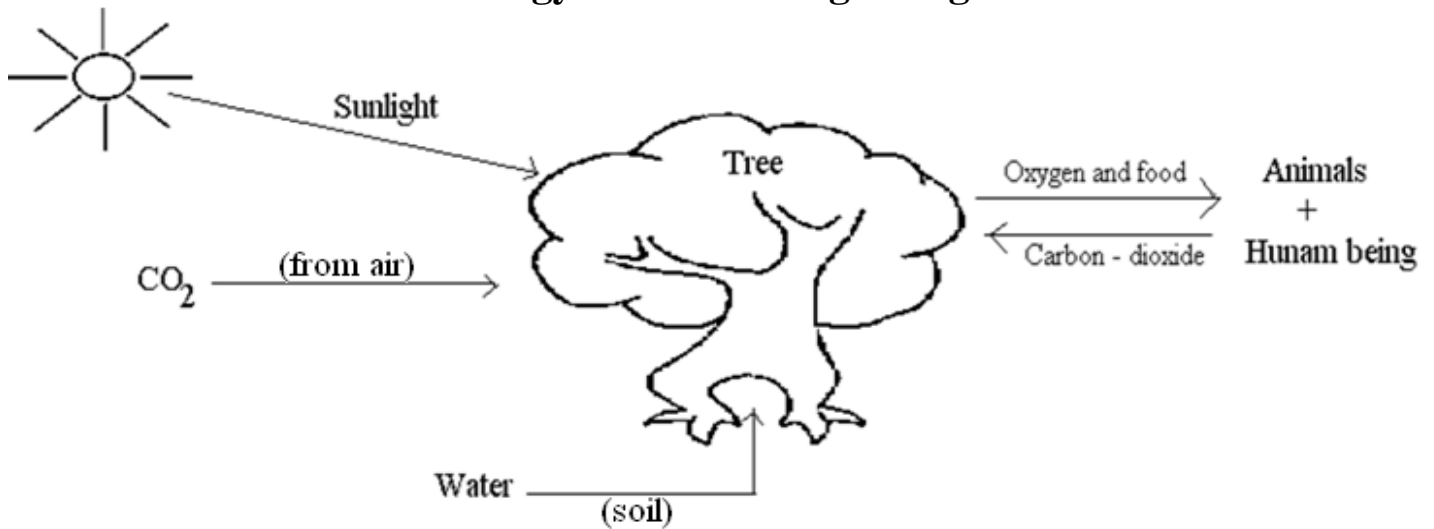
Photosynthesis :-



Non – Green Plants – (Moulds and Mushroom)

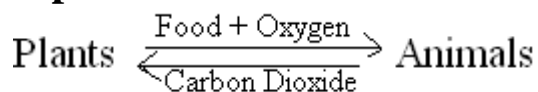
They get their food from dead and decayed matter.

Energy Flow in Living Things



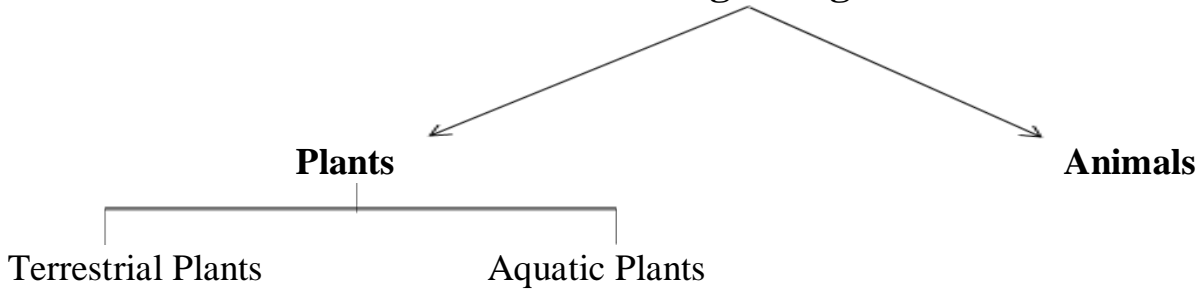
Test for Starch :- Iodine solution is used for performing starch test.

Interdependence of Plants and Animals

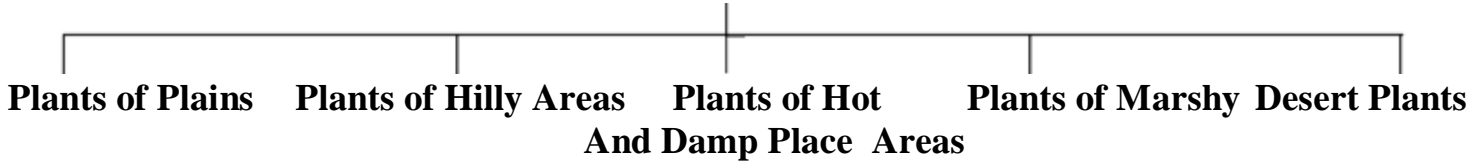


Lesson - 2 (Where Plants Live – Adaptations)

Living Things



Terrestrial Plants (Grow on Land)



Plants of Plains :- Have lots of branches and leaves, bear summer and shed leaves in winter. E.g. – Peepal, banyan

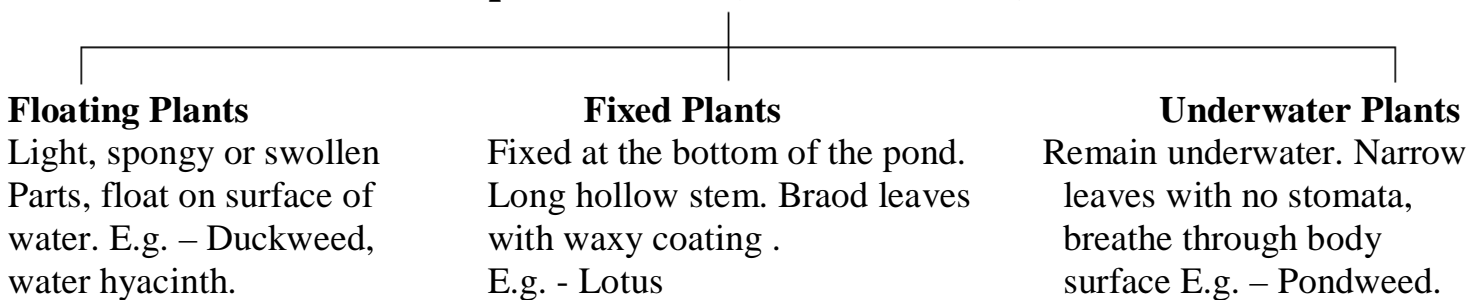
Plants of Hilly Areas:- Tall and straight trees with needle shaped leaves, bear cones instead of flower. E.g. – Pine, fir

Plants of Hot and Damp Places :- Evergreen plants with large number of leaves. E.g.- Pepper, cotton.

Plants of Marshy Areas :- Breathing roots are present that come above the soil for breathing. E.g. – Sundri trees.

Desert Plants :- Stem – thick and fleshy, prepares food, presence of spines instead of leaves. E.g. – Cactus.

Aquatic Plants (Grow in Water)

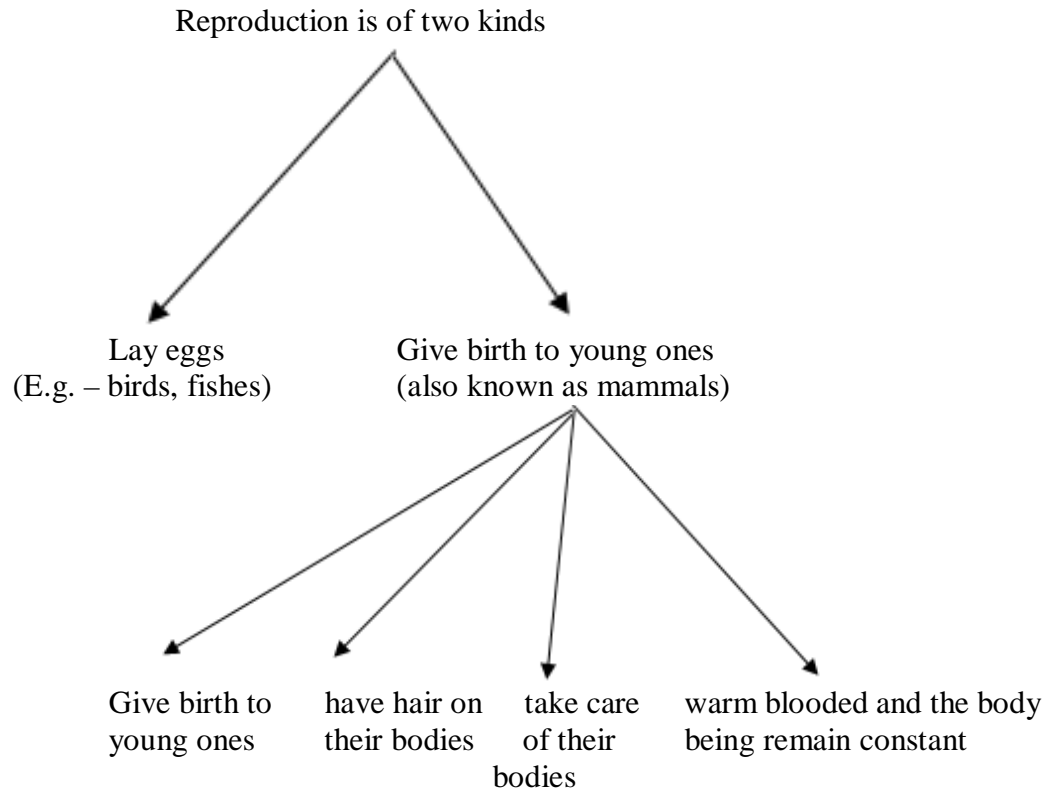


Insectivorous Plants (which traps and eats insects)

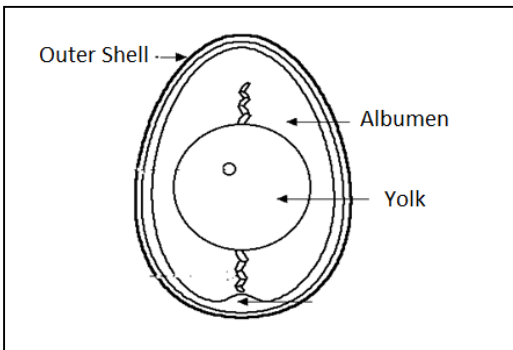
E.g. – Venus fly trap, pitcher plant.

Lesson - 3 (Animals and Their Babies)

Reproduction – The process by which animals produce their own kind.



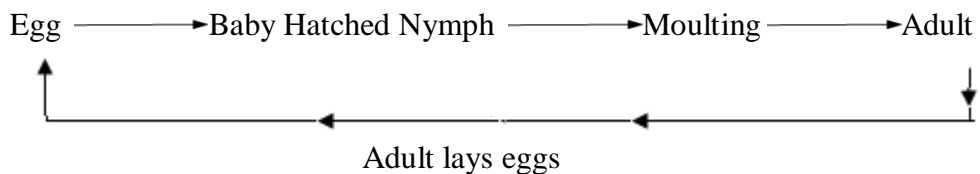
Structure of an egg



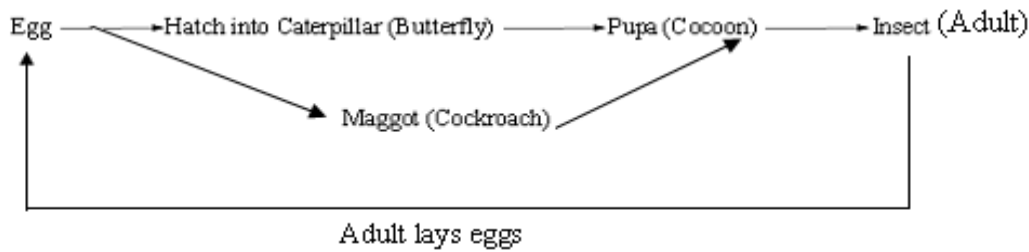
Outer shell – protects the growing parts inside.
Albumen – nutrients for the young
Yolk – food for the embryo

1	Fishes	Lay eggs in water	Spawn	Not protected	Grow into small fishes
2	Snakes / Crocodile	Lay eggs on the ground	-	Not protected	Grow in its young ones
3	Frogs	Lay eggs in water	-	Take care of the babies	Grow in its tadpoles

Life Cycle of Cockroach / Grasshopper



Life Cycle of Butterfly / Housefly



1. **Features of mammals** – Hairs on body, warm blooded, give birth to babies and have mammary glands.
2. **Reproduction in birds** – Eggs are laid in nests. Mother bird sit on the eggs to keep them warm. After hatching, young ones come out. Young ones are without feathers with their eyes closed. The parent birds look after and protect their babies.
3. **Embryo** – Developing baby inside the egg.
4. **Reproduction in fishes** – Eggs are laid in water. Only few develop into fishes.
5. **Spawn** – Eggs of fish.
6. **Reproduction in reptiles** – Eggs are laid on the ground. Eggs are with shell. They get warmth from sun. do not take care of their babies.
7. **Reproduction in frogs** – Eggs are laid in water. Eggs are protected by thick jelly. Eggs hatch into tadpoles. Tadpoles grow into frogs.
8. **Reproduction in insects – (Grasshopper, Cockroach)**
Three stages – Egg —————> Nymph —————> Adult cockroach
9. **Moulting** –Shedding of skin by the baby insectbefore growing into adult.
10. **Reproduction in insects – (Housefly, Butterfly)**
Four stages – Egg —————> Larva —————> Pupa —————> Adult insect
Egg hatches into larva that feeds a lot and grows rapidly. After sometime it covers itself with cocoon called pupa stage. The pupa burst open and adult insect comes out.
11. **Larva of butterfly** – Caterpillar, **Larva of housefly** - Maggot

Lesson - 4 (Where Animals Live – Adaptation)

Write adaptive features of

- Polar Bear** - Strong sense of smell, huge teeth, strong claws, light fur colour, thick layer of fat, hair on the soles of its feet to walk on ice, webbed toes for swimming.
- Penguins** - Thick skin and lots of fat, tightly packed feathers, webbed feet.
- Fish** - Fins and tail for swimming, gills for breathing. Stream lined body, powerful sense of sight, touch, taste, smell and hearing and light.
- Birds** - Hollow, bones, strong chest muscles and feathers for flying.
- Bat (mammal)-** Reduced shortened and light bones for flying.

Lesson - 5 (Food – Our Basic Needs)

Food :- Provides energy, protects from diseases, keeps us healthy and strong.

Nutrients :- Materials present in the food, required by body for healthy growth.

Nutrient	Function
Carbohydrates	Gives energy to work and play.
Proteins	Helps in growth and repair.
Fats	Gives maximum energy.
Vitamins	Protect us from diseases.
Minerals	Keeps our teeth, bones and muscles strong.

Fibre or Roughage

1. Supports digestions
2. Helps in bowel movement
3. Maintains a healthy weight

Importance of Cooking :- Make food soft, tasty and easy to digest. It kills the germs.

Ill effects of junk food: - Obesity, digestive problems, fatigue and weakness and may adversely affect kidneys, liver and other vital organs

Revision Sheet Unit – I

Lesson – 2, 3, 4, 5

I Fill in the blanks:

1. Most _____ food contains a lot of sugar, salt or fat.
2. _____ is needed for proper blood clotting.
3. Stomata are tiny openings or pores mostly found on the _____ of leaves.
4. The yolk contains less water and more _____ than the white.
5. _____ membrane is the clear casing that encloses the yolk.
6. _____ is the covering in which the caterpillar changes into a butterfly.
7. A swimming fish will have a _____ body to allow water to easily pass over it.
8. Many _____ animals have long limbs that allow them to swing efficiently from branch to branch.
9. _____ shells look like rocks when they tuck their head and legs inside.
10. In pitcher plant the top and inside of _____ is covered with a slippery, sweet smelling nectar.

II Write true / false.

1. Carbohydrate are also known as body building food. _____
2. Water is essential for all bodily functions and for life. _____
3. Air and moisture cannot pass through egg shell. _____
4. A dragonfly has three stages in its life cycle. _____
5. Arctic tern shows hibernation. _____
6. Camouflage is the ability to blend into the surrounding. _____
7. Mangroves have breathing roots. _____
8. Saprophytes make their own food. _____
9. Local environment of a plant is called its habitat. _____

III Tick the correct option.

1. Sun light is the natural source of this vitamin
(a) vitamin B (b) vitamin K (c) vitamin C (d) vitamin D
2. This vitamin is especially found in citrus fruits and vegetables
(a) vitamin K (b) vitamin A (c) vitamin C (d) vitamin D

3. A baby frog with a long tail is called as
 (a) caterpillar (b) tadpole (c) spawn (d) larva
4. Opaque ropes of egg white are
 (a) chalazae (b) air cell (c) inner membrane (d) spawn
5. Sea turtles spend almost all of their time in
 (a) air (b) trees (c) water (d) forests
6. Only mammals capable of continued flight
 (a) squirrels (b) monkeys (c) ants (d) bats
7. They depend on dead plants and animals to fulfill their nutritional needs.
 (a) carnivorous plant (b) saprophytes (c) saguaro (d) fig and neem
8. _____ have narrow leaves without stomata.
 (a) underwater plants (b) fixed plants (c) floating plants (d) none of these

IV Match the following

A	B
1. Prehensile tails	Cockroach
2. Centipede, wasp	Egg shell
3. Large breast muscles	poison
4. Nymph	Flying birds
5. 3.3 pounds	Spider, monkey
6. 17,000 tiny pores	Ostrich

V Answer the following questions.

1. How are protein useful?

Ans _____

2. What makes a balanced diet?

Ans _____

3. Why do animals need to adapt?

Ans _____

4. Define amphibians.

Ans _____

5. Why do birds migrate?

Ans _____

6. What is metamorphosis?

Ans _____

7. What are the stages in the life history of butterfly and cockroach?

Ans _____

8. Write some adaptive features of camels.

Ans _____

9. Write some adaptive features of fish.

Ans _____

10. How do penguins survive in Antarctica?

Ans _____

11. What are the three different kinds of aquatic plants? Give examples for each.

Ans _____

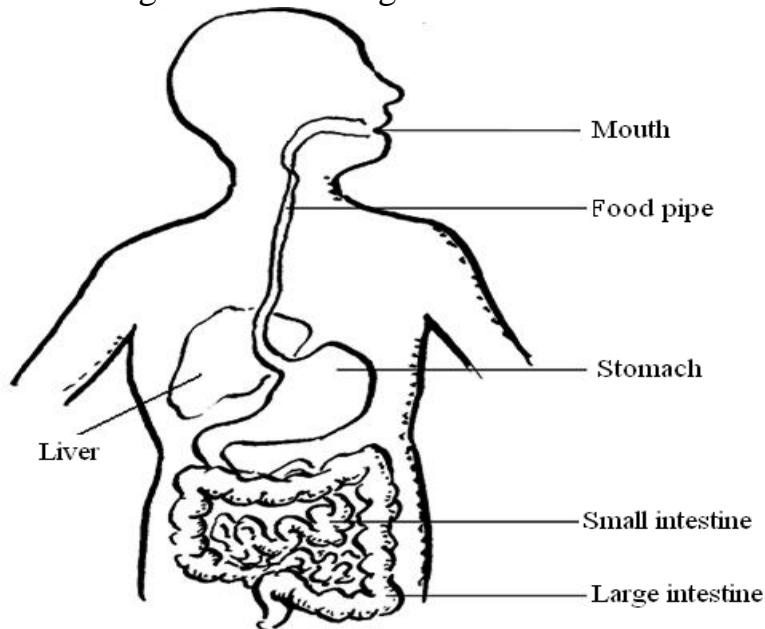
12. How does pitcher plant trap food?

Ans _____

Lesson - 6 (Digestion)

Digestion :- Process by which complex food is changed into simpler form that can be absorbed by the blood.

Process :- In the mouth food is chewed by the teeth. Saliva mixes with the food to make a paste of it. Food goes into the stomach through food pipe. Food is churned and mixes with digestive juices. Food is then passed into small intestine where complete digestion takes place. The walls of small intestine absorb the food and pass it into the blood. The undigested food goes into the large intestine.

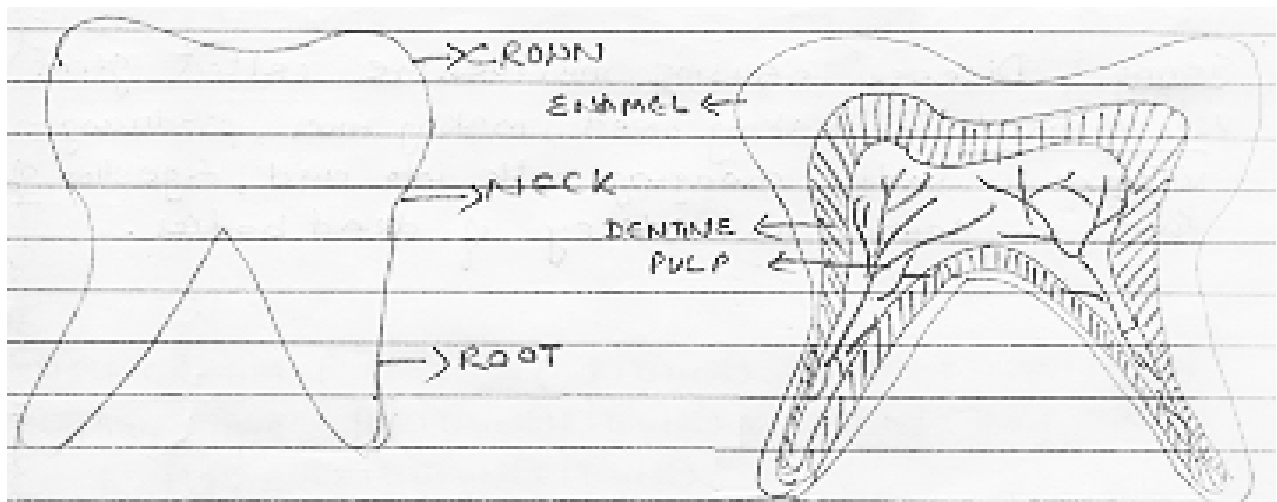


**Digestive system of Man
Teeth (Sets)**

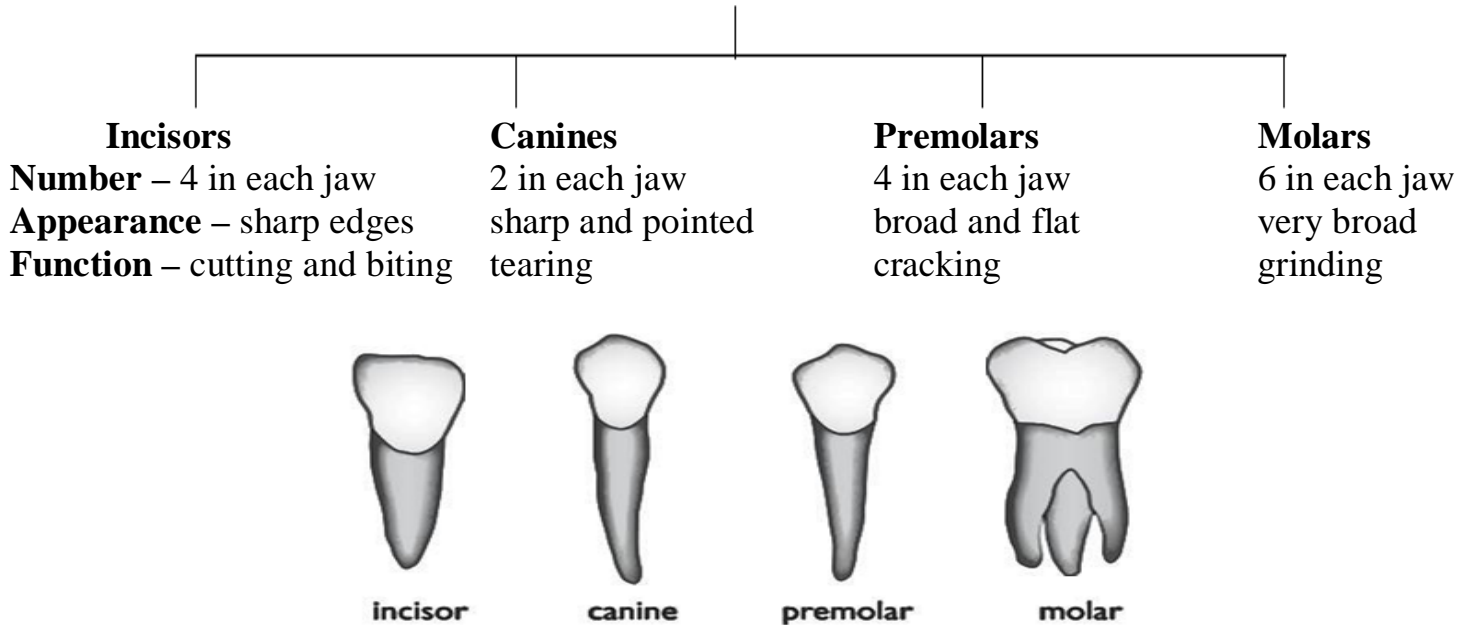
Milk Teeth (20)

Permanent Teeth (32)

Structure of Tooth



Teeth (4 Types)



Tooth Decay –Damage of tooth.

Symptoms –Holes in teeth, foul smell from the mouth, losing the teeth and stomach problems.

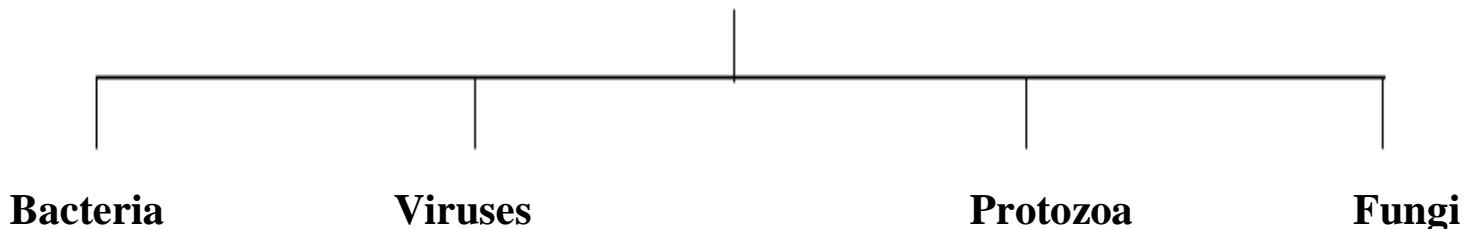
Care of Teeth –

1. Brush your teeth twice a day.
2. Avoid too many sweets, chocolates, etc.
3. Chew the food well.
4. Clean your mouth after every meal.
5. Get your teeth examined after every six months.

Microbes

(Small living organisms which cannot be seen with naked eye.)

Types



Germ –Disease causing microbes are called germs.

Uses of Microbes –Baking bread, making wines, producing vitamins in body, changing milk into curd, digestion of food in animals and decay of dead bodies.

Lesson - 7 (Safety and First Aid)

First Aid: The first help given to an injured person before the doctor can be consulted.

First aid box: A box that contains all the necessary things required to provide first aid.

(First Aid Manual , Sterile gauze pads of different sizes, Adhesive bandages in several sizes ,
A splint, Antiseptic wipes, Antiseptic ointment, Tweezers, Scissors, Thermometer,
Emergency phone numbers)

Safety rules

Kitchen Wear cotton clothes while cooking.

Children should avoid sharp tools

Washroom Floor should be kept dry.

Cleaning chemical should be stored properly.

Playground Do not play rough game.

Wear safety gears and use proper equipment.

Swim pool Learn swimming from an expert.

Swim at the shallow end

Road Always walk on the footpath.

Cross the road at zebra crossing.

Do not play on the road



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