

Class: and

Subject: Social Studies

Topic: Food we Eat

Lesson no: 1

Solved Assignment of Unit I st. (2021-2022)

A. Answer the following question:

Q1: Why do we need food?

Ans: We need food to live and it is our basic need.

Q2: Which food help us to grow?

Ans: The foods that help us to grow properly are pulses, milk, cheese, vegetables, eggs and nuts.

Q3: Which food gives us energy to work?

Ans: The food that gives us energy to work are bread, rice, potato, oil, honey, butter and milk.

Q4: What are protective foods?

Ans: Food that keeps us healthy and protect us from disease are called protective foods e.g., fresh fruits, vegetables, milk.

Q5: Name the two main sources of food?

Ans: The two main sources of food are plants and animals.

B. Fill in the blanks:-

1. Food is our main basic need.

2. Food help us grow

3. Food gives us energy

4. we get food from plants and animals

C. Write 'T' for true or 'F' for false.

1. we eat only cooked food. F
2. Fast food are very healthy. F
3. People who eat eggs and meat are non vegetarian T
4. Balanced diet is good for health. T
5. Milk is a complete food. T

D. Think and write.

1. Milk product :- Curd, cheese, sweets, Butter.
2. food eaten uncooked :- Radish, Carrot, Cucumber, Tomato.
3. food eaten after cooking :- Dal, Meat, Fish, vegetables.
4. food from animals :- Eggs, meat, Chicken, fish
5. food groups :- Cereals, pulses, vegetables, fruits.

E. Tick (✓) the correct answer :-

1. Dosa is made from _____
 i) wheat ii) Rice ✓ iii) Milk.
2. _____ is a body building food.
 i) dals ✓ ii) Potato iii) Butter.
3. _____ is eaten uncooked.
 i) Cucumber ✓ ii) Meat iii) Rice.
4. The first meal of the day is :
 i) Breakfast ✓ ii) lunch iii) Dinner.
5. we eat food to :
 i) Enjoy ii) Sleep iii) live ✓

Lesson No :→ 2 (Two).

Topic :→ Clothes we wear.

A Q1:→ Why do we wear clothes?

Ans:→ we wear clothes to cover our body. They protect us from heat, rain, cold, dust and dirt.

Q2:→ Why do we wear cotton clothes in Summer?

Ans:→ we wear cotton clothes in Summer to absorb sweat and keep our body cool.

Q3:→ Why do we wear woollen clothes in winter?

Ans:→ we wear woollen clothes in winter to keep us warm.

Q4:→ Why do we carry umbrellas while going out in the rainy season?

Ans:→ we carry umbrellas while going out in the rainy season to protect ourselves from getting wet.

Q5:→ What did early humans cover themselves with?

Ans: → Early humans cover themselves with leaves and skin of animals.

B. Fill in the blanks: →

1. we get cotton from cotton plants.
2. we get wool from sheep.
3. we get silk from silk worms.
4. we use plastic to make water/roof clothes.

5. Nylon and polyester are synthetic clothes.

C. write 'T' for true and 'F' for false.

1. we wear different clothes in different seasons. T
2. Sweaters are made of cotton F
3. Cotton clothes are airy and light T
4. Umbrellas keep us warm F
5. Raincoats are made of wool F

D. Think and write:

1. Natural fibres: cotton, wool, silk.
2. Winter clothes: Sweaters, Gloves, Caps.
3. Summer clothes: Shirt, Skirt, Trock
4. Man-made fibres: Nylon, rubber, plastic.

E. Tick the right answer: →

1. we make summer clothes from _____.
i) wool ii) cotton ✓ iii) Plastic.
2. we use raincoats during _____.
i) Monsoon ✓ ii) Summers iii) Winters.
3. Nylon is a _____.
i) Plant fibre ii) animal fibre iii) Man-made fibre ✓
4. we get leather from _____.
i) Plants ii) Sheep iii) Skin of animal ✓