

LESSON-1 THE FOOD WE EAT

Check point: Pg.no-10

1. Potatoes, Rice
2. Fish, Egg
3. Fruits, Vegetables

A. Tick the correct answer.

1. Carbohydrates
2. Vitamin-D
3. Proteins
4. Fats

B. Fill in the blanks.

1. Vitamin-C
2. Healthy eyes
3. Iron
4. Fat.

C. State whether the following statements are true or false.

1. False
2. False
3. True
4. True

D. Match the following columns.

1. Repair torn tissues
2. Strong bones
3. Provide lots of energy
4. Formation of blood

E. Give reasons for the following statements.

1. Water is a necessary part of our diet.

Water is a necessary part of our diet because it helps us to eliminate waste from our body in the form of urine and sweat.

2. We should regularly eat a balanced diet.

We should regularly eat a balanced diet because it has all the nutrients in the right amount and prevents diseases and infections.

F. Answer the following questions in one word.

1. Calcium
2. Fat
3. Roughage
4. Vitamin-B

G. Answer the following questions in brief.

1. Discuss different ways by which we can reduce wastage of food.

- Take small servings during meals, share food to avoid wastage.
- Avoid cooking food in large quantities.

2. Why do growing children and old people need more protein in their diet?

Growing children and old people need more protein in their diet because it repairs tissues and heal wounds faster.

3. What are vitamins? Give the importance of different vitamins in our body.

Vitamins and minerals help in proper functioning of the body and protect us from disease. So, they are called as protective nutrients.

Vitamin A	Better eyesight
Vitamin B	Proper digestion
Vitamin C	Strong teeth and gum
Vitamin D	Strong bones and teeth

H. Answer the following questions in detail.

1. What are carbohydrates? Name any four food items that are rich in carbohydrates? Which category of people require more carbohydrates in their diet and why?

- Carbohydrates are a type of macronutrient found in certain foods and drinks.
- It is the main source of energy for the body.
- Rice, Potatoes, Chapatti, Banana are rich in carbohydrates.
- Farmers and labourers do a lot of physical work, so they need a lot of energy.

2. What is roughage? What are the sources of roughage? How was roughage helpful to us?

- Roughage is the edible but indigestible portion of plant foods. That we can get from plants such as fruit and vegetable.
- Roughage helps in removing toxins and helps food move through the digestive system.

LESSON-2 TEETH

Check point-Pg. No-19

Incisors-Sharp, Flat & chisel.

Canines-Tearing of food

Premolars- Flat & Broad

Molars -Flat & Broad, Grinding, Tearing and Crushing of food.

A. Tick the correct answer.

1. Pulp cavity
2. Enamel
3. 32
4. Wisdom teeth

B. Fill in the blanks.

1. Pulp cavity
2. 20
3. Incisors
4. Plaque

C. State whether the following statements are true or false.

1. True.
2. True.
3. False.
4. False.

D. Match the following columns.

1. Lower movable jaw.
2. Binds roots to gum.
3. For tearing food.
4. Rich in calcium.
5. Doctor who looks after our teeth.

E. Give reasons for the following statements.

1. We should brush our teeth twice a day.

We should brush our teeth twice a day because it prevents cavities and to remove plaque.

2. Milk teeth are also called temporary teeth.

Milk teeth are also called temporary teeth because they start to fall by the time the child is six years old.

F. Answer the following questions in one word.

1. Crown

2. Six

3. Plaque

4. Molars

G. Answer the following questions in brief.

1. How many types of teeth do we have? Name them.

We have four types of teeth. They are

- Incisors
- Canines
- Premolar
- Molar.

2. What are the three different parts of a tooth?

There are three different parts of a tooth are;

- Crown
- Neck
- Root

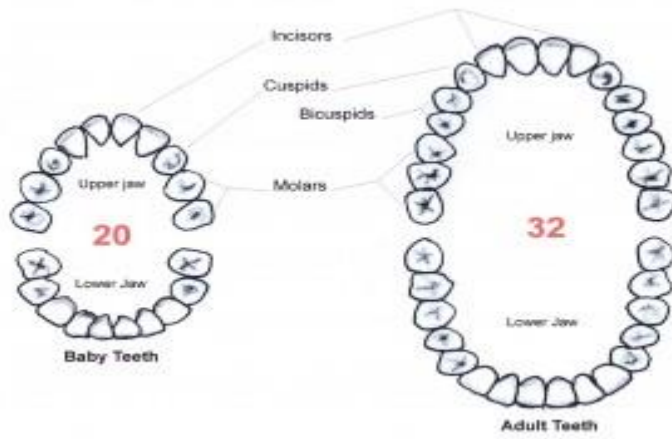
3. What are the different ways by which one can take care of their teeth?

- By using a soft to medium bristle brush.
- Brushing a tooth twice a day.
- Visit a dentist regularly for check-ups.
- By using floss to remove the food particles stuck between the teeth.

H. Answer the following questions in detail.

1. How many teeth do we have in the milk set and how many do we have in the permanent set? Draw a well labelled diagram of the complete permanent set of teeth.

We have 20 set in the milk teeth 32 set in the permanent teeth.



2. State two differences between milk and permanent set of teeth.

Milk teeth	Permanent teeth
This is the first set	This is the second set
It has smaller teeth	It has bigger teeth

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