

CLASS-V

SUBJECT- ENGLISH-I

Q1. Forms of Verbs :-

	Present tense	Past tense	Past participle
1.	cry	cried	cried
2.	Rule	ruled	ruled
3.	put	put	put
4.	Stand	stood	stood
5.	Ride	rode	ridden
6.	Bite	bit	bit
7.	Do	did	done
8.	Hurt	hurt	hurt
9.	Eat	ate	eaten
10.	Leave	left	left
11.	Feel	felt	felt
12.	knell	knelt	knelt
13.	Leap	leapt	leapt
14.	Take	took	taken
15.	Spend	spent	spent
16.	Say	said	said
17.	Read	read	read
18.	Sink	sank	sank
19.	Throw	threw	thrown
20.	wake	woke	woken

Q2. Letters learn from book Example 1, 2
page no. 87 and paragraph writing

'COMPUTERS and THE VILLAGE POSTMAN' Page No. 72

Q3. Essay:- My Favourite Game

I Games and physical exercises are very important in human life. They develop our mind, keep us healthy and teach us how to live in society.

II My favourite game is football. It is the world's famous game. It has very simple rules. The game is played between two teams. The aim of the game is to put the ball into the opponent's net. The team which scores more goal than the other is declared the winner.

III The match is played for two halves. The match begins with referee's whistle. The moment of goal making it really very cheerful. If the match ends with equal goals, the free kicks are offered to both the teams.

IV Last week, I got a chance to watch a football match. The cheerful noises and the energy of the players inspire me a lot. From that day I also started to play this game. So, playing or watching a football match is very enjoyable for me.

Q4. Story:- Union is Strength

I Once there was a farmer. He had four sons. His sons always quarrelled among themselves. The farmer was very worried about them.

II One day he called his sons and gave one-one stick to each. He told them to break that stick, each of them easily did it. Then he gave them a bundle of sticks to break. Each of them tried to break the bundle but nobody got success.

III The farmer advised them if like a bundle of sticks they would be united then nobody could defeat them and they would live happily. The sons understood the lesson and never quarrelled again.

Moral:- Union is Strength.

Exercises

1. Tick (✓) the correct option:

- (a) Human heart beats 70 times a minute.
 (i) 60 (ii) 62 (iii) 70 (iv) 92
- (b) Blood carries:
 (i) oxygen (ii) nutrients (iii) waste (iv) all of these
- (c) Blood rich in oxygen is called:
 oxygenated (ii) deoxygenated (iii) impure (iv) both (ii) and (iii)
- (d) Blood cells that help in its clotting in case of an injury are:
 (i) red blood cells (ii) white blood cells (iii) platelets (iv) all of these
- (e) Regular exercise helps in keeping the heart healthy.
 (i) blood (ii) arteries (iii) veins (iv) heart

2. State true (T) or false (F):

- (a) Pulmonary artery carries oxygenated blood from the heart to the lungs. F
- (b) Red blood cells are known as the soldiers of our body. F
- (c) The heart has four chambers. T
- (d) Arteries have thick walls. T
- (e) Circulatory system is responsible for carrying only oxygen to all parts of the body. T

3. Fill in the blanks:

- (a) The main components of the human circulatory system are the Blood, Blood vessels and Heart.
- (b) Veins are the thin walled blood vessels that carry blood from various body parts to the heart.
- (c) The extremely thin blood vessels that penetrate various tissues are called Capillaries.
- (d) Rate of pulse is exactly the same as the heartbeat.
- (e) The partition in the heart which does not allow mixing of oxygenated and deoxygenated blood is called Septum.

4. Match the following:

- (a) Red coloured pigment of blood
- (b) Main artery that carries oxygenated blood from the heart to other body parts
- (c) Heart beat
- (d) Fights infections
- (e) Yoga

white blood cells d)

pulse c)

healthy heart e)

aorta b)

haemoglobin a)

5. Answer the following questions:

- (a) What is the circulatory system responsible for? Mention its main components.
- (b) What do you mean by RBC and WBC?
- (c) What is haemoglobin?
- (d) Mention any three functions of the blood.
- (e) Explain the function and structure of arteries.
- (f) Explain the structure and function of the heart with the help of a diagram.

6. Think and answer:

- (a) Why do people have different blood groups? Which factors are responsible for it?

Activities

Activity-1:

When doctors use a stethoscope to listen to your heart beat, they actually listen for two sounds. The first sound is longer, lower pitched made by the closing of two heart valves when blood is flowing out of the heart. The second is a shorter, higher pitched sound made by two other valves when blood is flowing into the heart.

You can also design a stethoscope at home.

Take a one to two foot clear plastic tube and carefully connect it to a small funnel. Check if it is attached well.

Put the plastic tube near your ear so that you can hear your heartbeat clearly. Put the funnel on your chest above your heart. Can you hear your heart beat?

Repeat the procedure with your friend. Can you listen his/her heartbeat clearly?

(d) Which out of these is a lifestyle disease?

- (i) Obesity (ii) Anaemia (iii) Diabetes (iv) ~~All of these~~

(e) Pizzas and fries fall in the category of:

- (i) tasty food (ii) salty food (iii) ~~junk food~~ (iv) healthy food

2. Match the following:

- | | | |
|---------------------|-------------------|----|
| (a) Night blindness | vitamin C | c) |
| (b) Rickets | vitamin A | a) |
| (c) Scurvy | lifestyle disease | d) |
| (d) Obesity | junk food | e) |
| (e) Burger | vitamin D | b) |

3. Fill in the blanks:

- (a) Carbohydrates are essential for providing energy to the body.
(b) Water makes up more than half of our body weight.
(c) Balanced diet has all the necessary nutrients required by the body.
(d) Food can be made healthier by adding sprouts and salad to it.
(e) A person suffering from night-blindness cannot see clearly in dim light.

4. Answer in one word:

- (a) It is needed more by a growing child than an office goer. Proteins
(b) It is needed for building bones and teeth. Calcium and phosphorus
(c) It is present in all citrus fruits and vegetables. Vitamin C
(d) It is caused due to deficiency of vitamin B1 in our diet. Beri beri
(e) It is caused due to excessive weight gain. Obesity

5. Which main nutrient is common in each of the following foods?

- (a) Meat, fish, curd, beans Proteins
(b) Orange, tomato, lemon, green leafy vegetables Vitamin C
(c) Rice, bread, sugar, potato Carbohydrates
(d) Butter, oil, nuts, cheese fats

6. Answer the following questions:

- (a) What is the importance of roughage in our body?
(b) What is a balanced diet? Why is it important to have a balanced diet?

Food and Health

Food adulteration is done by the sellers to increase their profit. However, it is cheating the buyer and is a punishable offence.

The substances which are added for food adulteration are called adulterants. Adulterants can be harmful to health. Some common adulterants are:

S. no.	Food item	Adulterant
1.	Ghee	Vegetable oil and animal fat
2.	Milk	Water, detergent, urea, caustic soda and formalin
3.	Coffee	Root of the chicory plant
4.	Pulses	Sand, marble chips, stones
5.	Turmeric	Metanil yellow
6.	Fruits	Artificial colours and sweeteners
7.	Fish	Formalin
8.	Red chilli powder	Brick powder

Recap:

1. Food helps us to grow, keeps us healthy and gives us energy.
2. Carbohydrates and fats are energy-giving foods, proteins are body-building foods and vitamins and minerals are protective foods.
3. A balanced diet contains all the nutrients, water and roughage in the right quantity.
4. A balanced diet, regular exercise and proper sleep keep the person healthy and fit.
5. Junk food is harmful to our health.
6. Diseases that are caused due to a certain lifestyle are called lifestyle diseases.
7. Deficiency of certain nutrients in our food causes diseases called deficiency diseases.
8. Food adulteration is adding unwanted and harmful substances to food to increase its quantity. This results in reducing its quality.

Exercises

1. Tick (✓) the correct option:

- (a) _____ are responsible for our growth and repair of worn out cells.
(i) Proteins (ii) Fats (iii) Vitamins (iv) Minerals
- (b) _____ is a deficiency disease.
(i) Cold and cough (ii) Obesity (iii) Jaundice (iv) Beriberi
- (c) Mixing of unwanted substances in food is called:
(i) mix food (ii) food adulteration (iii) mixture (iv) adulterant

ENGLISH LITERATURE
CLASS V

1. Learn 8 lines of both "POEMS"
"My Puppy Plays Piano"
"Our Strange Lingo"

2. Answer Key.

Chapter - Tenali Meets Babur
Learn and write

(A) Question Answers

1. (a) Babur's messenger said these words
to Raja Krishnadevaraya.

(b) Emperor Babur.

(c) The Raja ordered Tenali to go with
the messenger and prove his wisdom.

(d) Tenali responded that he would not
let the Raja down.

2.

(a) Emperor Babur said these words to Tenali

(b) They were at a place by Yamuna.

(c) Babur called him intelligent as he
was able to make him laugh with
his wisdom.

(d) Babur took Tenali to his palace
and showered him with gifts

B Answer these Question

1. Ans Krishnadevaraya thought that emperor Babur had sent his messenger to find an excuse to attack his kingdom.
2. Ans Babur told his courtiers that if he found anyone laughing at Tenali's jokes, that person would be punished.
3. Ans After examined Babur's route he found a place to plant mango sapling. where he was sure Babur would notice him.
4. Ans Tenali said that the tree bore fruit only once a year and he had been rewarded twice for it. On hearing this Babur gave him third bag of gold coin.

C Think and answer.

Ans 1. Tenali meant that he would fulfill the Raja's expectations and hold the honour of the kingdom.

Ans 2. Babur was not angry as he was impressed with Tenali's wit and did not feel insulted.

"Chapter will be explained in class"

Answer Key

POEM - MY Puppy Plays Piano
Learn 8 lines of poem.

(C) Answer these questions

1. What kind of music did the puppy learn to play?

Ans The puppy learnt to play classical, rock and the blues.

2. What happened after the pets formed a band and practised hard?

Ans After the pets formed a band, they travelled all over the world and became famous very soon.

D

Think and Answer.

Ans The poem is funny as it talks about pets learning music.
The funniest lines are.

IInd Para of the poem.

Learn word meanings of both poems and chapters.

CLASS - V

SUBJECT - S.S.T

Chapter - 2

Maps

1. New Terms : Pg No. 14.

2. Short Answer Questions:

1. What does the language of maps consists of?

As- The language of maps consists of directions, scale, signs, symbols and colours.

2. Name major directions and sub-directions.

As- Major directions are - North, South, East and west.

Sub-directions are - north-east, north-west, south-east, south-west.

3. Define: Scale of a map, Political map, Physical map and atlas.

As- Scale of a map: Ratio between the distance on the map and actual distance.

Political map: Map that represents boundaries of countries and states.

Atlas - A book of maps.

Physical map - map that represents physical features.

4. When a map is drawn, the actual distances between places are reduced. Why?

As- The actual distances between places are reduced so that they can fit on a paper.

5. Why features such as mountains, trees, forests etc. are often not drawn on maps?

As- Features are often not drawn on maps

due to lack of space.

Long Answer Questions:

(a) Maps are more useful than globes. Do you agree? Explain your answer.

As- Maps are more useful than globes as:

1. They give us more detailed information.
2. They are easy to carry.
3. They can be folded.

(b) List some limitations of using maps.

As- There are certain limitations of using maps since Earth is spherical in shape and has curved surface, so it is not easy to represent a curved surface on a flat surface of paper.

(c) How do we find directions on a map?

As- As we know the top of map shows north direction. So, we can easily find other directions. The south is opposite to the north, the east is to the right and the west lies on the left.

(d) What do you understand by scale of a map? Explain.

As- When a map is drawn, the actual distance between the places is reduced so that they can fit on a paper. The ratio between the distance on the map and the actual distance is known as the scale of the map.

e) Explain the use of symbols and colours in a map.

As- Symbols are used to represent mountains, rivers, bridges, dams etc. Colours are used to represent landforms like highlands are shown with brown, plains with green, and water bodies with blue colour. This colour scheme is used for maps all over the world.

HOTS Question:

Q. Which will be more accurate - a map of a large city or a map of a large continent? Why?

As- A map of a large city will be more accurate because a map which depicts a small territory referred to as a large scale map.

Answer Key

CLASS : V

SUB : PUNJABI (II)

ਪਾਠ-3 (ਬਾਗ਼ਬਾਨੀ ਦਾ ਸੈਰ)

ਪ੍ਰਸ਼ਨ/ਉੱਤਰ

- ਪ੍ਰ: (1) ਘਰਾਂ ਵਿੱਚ ਬਾਗ਼ਬਾਨੀ ਕੀ-ਕੀ ਚੀਜ਼ ਕੇ ਹੋ ਸਕਦੀ ਹੈ ?
ਉ:- ਘਰਾਂ ਵਿੱਚ ਬਾਗ਼ਬਾਨੀ ਫੁੱਲ ਅਤੇ ਸਬਜ਼ੀਆਂ ਚੀਜ਼ ਕੇ ਹੋ ਸਕਦੀ ਹੈ।
- ਪ੍ਰ: 2 ਘਰਾਂ ਵਿੱਚ ਬਾਗ਼ਬਾਨੀ ਕਰਨ ਦੇ ਕੀ-ਕੀ ਫਾਇਦੇ ਹਨ ?
ਉ:- ਇਸ ਨਾਲ ਘਰ ਦਾ ਵਾਤਾਵਰਨ ਸੁੱਖ ਰਹਿੰਦਾ ਹੈ ਅਸੀਂ ਨਿਰੋਗ ਰਹਿੰਦੇ ਹਾਂ।
- ਪ੍ਰ: 3 ਬਾਗ਼ਬਾਨੀ ਕਰਦਿਆਂ ਘਰਾਂ ਵਿੱਚ ਕਿਹੜੀਆਂ-ਕਿਹੜੀਆਂ ਸਬਜ਼ੀਆਂ ਉਗਾਈਆਂ ਜਾ ਸਕਦੀਆਂ ਹਨ ?
ਉ:- ਬਾਗ਼ਬਾਨੀ ਕਰਦਿਆਂ ਗਾਜਗਾਂ, ਮੁੰਗੀਆਂ ਅਤੇ ਸੁਰਗਮ ਆਦਿ ਸਬਜ਼ੀਆਂ ਘਰਾਂ ਵਿੱਚ ਉਗਾਈਆਂ ਜਾ ਸਕਦੀਆਂ ਹਨ।
- ਪ੍ਰ: 4 ਬਾਗ਼ਬਾਨੀ ਕਰਦੇ ਸਮੇਂ ਅਸੀਂ ਚੌਢਿਆਂ ਦੀ ਪਰਵਾਹ ਕਿਹੜੇ ਢੰਗ ਨਾਲ ਕਰ ਸਕਦੇ ਹਾਂ ?
ਉ:- ਬਾਗ਼ਬਾਨੀ ਕਰਦੇ ਸਮੇਂ ਸਿਰ ਆਉਣੇ ਚਾਹੀਦੇ ਹੋ ਅਤੇ ਗੋਡੀ ਕਰਕੇ ਚੌਢਿਆਂ ਦੀ ਪਰਵਾਹ ਸਹੀ ਢੰਗ ਨਾਲ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।
- ਪ੍ਰ: 5 ਬਾਗ਼ਬਾਨੀ ਕਰਨ ਦੇ ਤਿੰਨ ਖ਼ਜ਼ਾਨੇ ਢਾਹੋ ਦੱਸੋ।
ਉ:- ਚੀਜ਼ਾ, ਉਗਨਾਂ ਦੀ ਪਰਵਾਹ ਕਰਨੀ ਅਤੇ ਉਗਾਏ ਹੋਏ ਫੁੱਲ ਅਤੇ ਸਬਜ਼ੀਆਂ ਦੀ ਵਰਤੋਂ।

ਅਭਿਆਸ Pg No - 17

(1) ਸਹੀ ਉੱਤਰ ਅੱਗੇ (✓) ਦਾ ਨਿਸ਼ਾਨ ਲਗਾਓ:-

(1) ਸੈਰ (2) ਸੁਦਰਤ (3) ਸੁੱਖ (4) ਕੁਦਰਤ ਦੇ (5) ਤਾਜ਼ੀ

(3) ਵਾਰ ਬਢਾਓ:

1. ਬਾਗ਼ਬਾਨੀ - ਸੈਰ ਬਾਗ਼ਬਾਨੀ ਕਰਨ ਦਾ ਸੈਰ ਹੈ।

2. ਨਿਰੋਗ :- ਸੈਰ ਦੌਰਾ ਜੀ ਨਿਰੋਗ ਹਨ।

3. ਸੁੱਖ :- ਸਦੇਹ ਦੀ ਹਵਾ ਸੁੱਖ ਹੁੰਦੀ ਹੈ।

4. ਪਰਵਾਹ :- ਮਾਤਾ-ਪਿਤਾ ਨੂੰ ਚੌਢਿਆਂ ਦੀ ਸਹੀ ਪਰਵਾਹ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ।

5. ਖ਼ਜ਼ਾਨਾ :- ਬਾਗ਼ਬਾਨੀ ਦੇ ਤਿੰਨ ਖ਼ਜ਼ਾਨੇ ਹੁੰਦੇ ਹਨ।

6. ਕੁਦਰਤ :- ਸਾਨੂੰ ਕੁਦਰਤ ਨਾਲ ਪਿਆਰ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ।

4. | ਆਲੀ ਘਾਟਾਂ ਭੇਰੇ।

- (1) ਮੈਰ (2) ਨਿਰੋਗ (3) ਮੁਦਰਤੋਂ (4) ਸੈਰੀਨ (5) ਯਜ਼ਾਦਾਂ
- (5) (✓) (X)

(1) X 2. ✓ 3. ✓ 4. ✓ 5 ✓

ਵਿਆਕਰਨ

(1) ਸਮਾਨਾਰਥਕ ਸ਼ਬਦ

- 1. ਵਾਤਾਵਰਨ — ਮੌਸਮ, ਆਸਾ-ਦੁਆਸਾ
- 2. ਨਿਰੋਗ — ਰੋਗ-ਮੌਤ, ਤੌਰਮਤ
- 3. ਸੁਖੀ — ਖੁਸ਼ੀ, ਭੁਖੀ
- 4. ਮੌਜ — ਮੌਦ, ਸੁਖਸੁਖਤ

(2) ਵਿਰੋਧੀ ਸ਼ਬਦ

- (1) ਆਰੋਗ — ਰੋਗ (4) ਵੱਢੀ — ਖੱਰੀ
- (2) ਮੁਦਰਤੋਂ — ਦੁਰਦਰਤੋਂ (5) ਆਲੀ — ਤਰਿਆ
- (3) ਤਿਆ — ਖੋਗ (6) ਸੁੱਖ — ਅਸੁੱਖ

ਪਾਠ - 4

(ਹੋਲੀ ਆਈ)

ਪ੍ਰਸ਼ਨ/ਉੱਤਰ

ਪ੍ਰ:1 ਹੋਲੀ ਵਾਲੇ ਦਿਨ ਬੱਚੇ ਜਾਂਦੇ ਕੁਝ ਰੰਗਾਂ ਦੇ ਠਾਂ ਲਿਖੋ —

ਉ:- ਲਾਲ, ਹਰਾ, ਖੀਲਾ, ਨੀਲਾ, ਗੁਲਾਬੀ ਆਦਿ।

ਪ੍ਰ:2 ਕੌਰਾ ਖੀ ਕੇ ਕੀ ਹੋਇ ਹੈ?

ਉ:- ਕੌਰਾ ਖੀ ਕੇ ਨਸ਼ਾ ਚੜ੍ਹ ਜਾਂਦਾ ਹੈ।

ਪ੍ਰ:3 ਗੁਰੂ ਦੀਆਂ ਫੌਜਾਂ ਕਿਨ੍ਹਾਂ ਨੂੰ ਕਿਹਾ ਗਿਆ ਹੈ ਤੇ ਉਹ ਕੀ ਕਰਦੀਆਂ ਹਨ?

ਉ:- ਗੁਰੂ ਦੀਆਂ ਫੌਜਾਂ ਨਿਰੋਗ ਸਿੰਘਾਂ ਨੂੰ ਕਿਹਾ ਗਿਆ ਤੇ ਉਹ ਗੱਤਕਾਂ ਬੰਦੀਆਂ ਹਨ।

ਪ੍ਰ:4 ਹੋਲੀ ਵਾਲੇ ਦਿਨ ਲੋਕ ਕੀ ਭੁੱਲ ਜਾਂਦੇ ਹਨ?

ਉ:- ਹੋਲੀ ਵਾਲੇ ਦਿਨ ਲੋਕ ਝਗੜੇ-ਝੜੇ ਭੁੱਲ ਜਾਂਦੇ ਹਨ।

ਅਭਿਆਸ ਵਿ No. 2।

- (1) ਰੰਗਾਂ ਦੀ (2) ਗੁਲਾਬ (3) ਕੌਰਾ (4) ਆਨੰਦਪੁਰ ਸਾਹਿਬ ਦਾ
- (5) ਸੁਖੀਆਂ ਦਾ

3. ਵਾਰ ਬਣਾਓ।

(1) ਗੁਜ਼ਾਰ :- ਹੋਲੀ ਵੇਲੇ ਅਸੀਂ ਗੁਜ਼ਾਰ ਨਾਮ ਬੋਲਦੇ ਹਾਂ।

2. ਖਤੀ :- ਬੱਚੇ ਖਤੀ ਉਡਾ ਹੋ ਜਨ।

3. ਅੰਬਰ :- ਅੰਬਰ ਵਿੱਚ ਖਤੀ ਉੱਡ ਹੋ ਜਨ।

4. ਢਾਈ :- ਬੱਚੇ ਢਾਈ ਬਣਾ ਕੇ ਹੋਲੀ ਬੋਲਦੇ ਹਨ।

5. ਧਮਾਕਾ ਪਾਉਣੀ :- ਕੜੀਆਂ ਗਿੱਧੇ ਵਿੱਚ ਧਮਾਕਾ ਪਾਉਣੀਆਂ ਹਨ।

6. ਝਗੜੇ-ਝੜੇ :- ਹੋਲੀ ਵਾਲੇ ਦਿਨ ਲੋਕ ਝਗੜੇ-ਝੜੇ ਭੁੱਲ ਜਾਂਦੇ ਹਨ।

4. ਖਾਲੀ ਥਾਵਾਂ ਭਰੋ।

1. ਖੁਸ਼ੀਆਂ (2) ਖੁਸ਼ੀ (3) ਪਿਚਕਾਰੀ (4) ਗੁਜ਼ਾਰ (5) ਗੱਤਕਾ (6) ਝਗੜੇ

ਵਿਆਕਰਨ

ਮੁੱਧ - ਅਮੁੱਧ
ਮੁੱਠ - ਮੁੱਠ
ਭਗੀ - ਭਗੀ

ਟੋਸਾ - ਟੋਸਾਂ
ਗੱਤਕਾ - ਗੱਤਕਾ
ਖੁਸ਼ੀਆਂ - ਖੁਸ਼ੀਆਂ

(2) ਵਰਨ ਬਦਲੋ

ਰੁੱਤ - ਰੁੱਤਾਂ
ਅੰਬਰ - ਅੰਬਰਾਂ
ਖਤੀ - ਖਤੀਆਂ

ਢਾਈ - ਢਾਈਆਂ
ਗੁਜ਼ਾਰ - ਗੁਜ਼ਾਰੇ
ਅੱਖ - ਅੱਖਾਂ
ਟੋਸ - ਟੋਸਾਂ
ਝਗੜਾ - ਝਗੜੇ

ਹੋਲੀ ਕਵਿਤਾ ਦੀਆਂ ਅੱਠ ਲਾਈਨਾਂ ਯਾਦ ਕਰੋ।

ਪਾਠ ਨੰ :- 3, 4 ਦੇ ਮੁਬਦ - ਅਰਥ ਯਾਦ ਕਰੋ।

CLASS - 5th (MATHS)

Revise Ex 1.1 and Ex 1.2

Solve Let's recap Pg no. - 25

Ex 2.1 Pg no - 29

Ex 2.2 Q-no. 1 Pg no. 32

Ex 2.3 Q-no. 2 and 3 Pg no. - 36

Ex 2.4 Pg no - 39

1. Solve all questions in the book
2. Learn and write table 2 to 15 including dodging

CLASS - V

SUBJECT - G. Sci

1ST TERM

Instructions

1. Complete your books and notebooks neatly.
2. Draw well labelled diagrams.
3. Write glossary given in syllabus (1 TERM)
4. Learn Back exercises and Questions Answers of given chapters.

Chapter 1 :- Human Body :- The circulatory system
Chapter 3 :- Food and Health.

Chapter 1 :- Human body - The Circulatory System

Q5 Answer the following question: (Pg-16)

(a) What is the Circulatory system responsible for?
Mention its main components.

Ans:- The circulatory system is responsible for the transportation of nutrients, oxygen and other essential elements to all parts of the body.

The main components of circulatory system are :-
(i) Blood (ii) Blood vessels (iii) Heart

(b) What do you mean by RBC and WBC?

Ans:- RBC - It is red coloured cells present in our body. They help to transport oxygen to the body.

WBC :- They are known as soldiers of our body because they fight against diseases to protect us.

(c) What is haemoglobin?

Ans. It is a red coloured pigment which gives red colour to blood. It also help in the transportation of oxygen.

(d) Mention any three functions of the blood.

Ans. Following are the functions of the blood :-

1. It regulates body temperature.
2. It helps to transport oxygen and nutrition to the body.
3. It carries message from one part of the body to the other.

(e) Explain the function and structure of arteries.
Ans. Arteries are thick-walled blood vessels which carry blood away from the heart to different parts of the body.

(f) Explain the structure and function of the heart with the help of a diagram.

Ans. Heart is a cone-shaped pumping organ. It has four chambers.

(i) Upper chamber - Right and left auricle.

(ii) Lower chamber - Right and left ventricle.

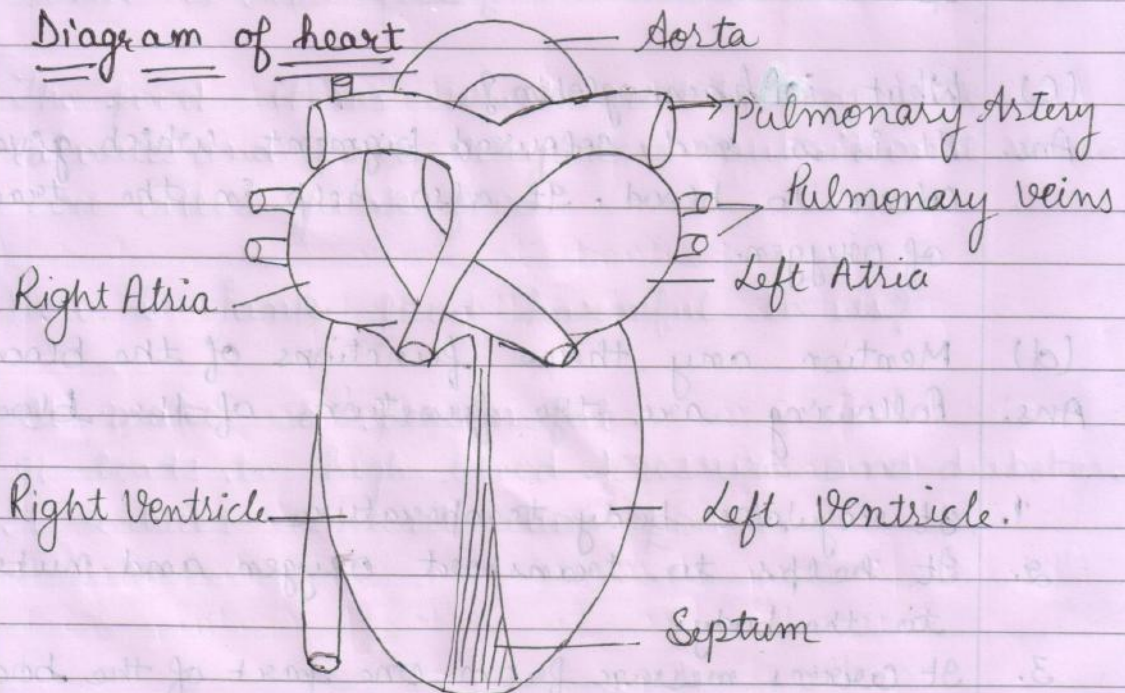
Function of heart :-

(i) Right auricle receive impure blood from body and send it to left ventricle.

(ii) Then left ventricle pump the blood to lungs for purification.

(iii) Now pure blood reach to left auricle then through left ventricle it goes to whole body.

Diagram of heart



Q.6 Think and answer:-

(a) Why do people have different blood groups? Which factors are responsible for it?

Ans. Because they have different proteins (antigen) in their RBCs.

CHAPTER-3 FOOD AND HEALTH

Q.6. Answer the following questions:- (Pg-37,38)

a) What is the importance of roughage in our body?

Ans. 1. It helps water retention in the body.

2. It also helps to get rid of waste from our body.

(b) What is a balanced diet? Why is it important to have a balanced diet?

Ans:- Balanced diet is a diet that contains all the nutrients, roughage and water in right quantity.

It is important to have a balanced diet to maintain a healthy body and mind.

(c) What are deficiency diseases? How are they caused?

Ans. Deficiency diseases are the diseases that are caused due to lack of certain nutrients in the body.

Cause - When the body does not get proper amount of nutrients, it may cause deficiency diseases.

(d) What do you understand by lifestyle diseases? How can they be prevented?

Ans!- Diseases that are caused due to a certain lifestyle are called lifestyle diseases.

It is prevented by eating healthy food, proper rest and regular exercise.

(e) How can we make our food healthier?

Ans!- 1. By adding sprouted pulses to your meal.

2. By eating all varieties of seasonal fruits and vegetables.

3. By adding milk products in your diet.

(f) What is Junk food?

Ans!- The food items which contain excessive calories and have very less nutritional value are called junk food.

(g) How is junk food harmful to us?

Ans! 1. It makes a person fat.

2. It leads to high blood pressure and diabetes.

3. It reduces concentration power.

(A) Name all the nutrients present in food. Write a short note on proteins.

Ans:- There are five kinds of nutrients

1. Carbohydrates
- 2.) Vitamins
3. Fats
- 4) Minerals
5. Proteins

Proteins :- It is known as body building food because it helps us to grow and repairs the worn out cells in the body.

(i) Mention the importance of exercise for good health.

Ans:- Exercise is important for good health because

1. It keeps us fit.
2. It improves blood circulation.
3. It increase stamina and make us active.

Q7. Think and Answer

(a) Why is it suggested to eat seasonal foods to keep healthy?

Ans! Because seasonal foods are fresh and has high nutritional value.

b) What will happen if you eat only fruits and vegetables in your diet?

Ans If we eat only fruits and vegetables then our body becomes deficient of other nutrients which are not present in them.

HINDI - I रचना - प्रसून भाग - 3
(याद करो)

लेख - हमारा राष्ट्रीय पक्षी मोर
पाठ - 6 लिंग बदलो PAGE - 29 याद करो।

HINDI - II भाषा भारती
पाठ - 1, 2, 3 के शब्दार्थ याद करो।
पाठ - 1, 2, 3 के प्रश्न - उत्तर और अभ्यास कार्य
याद करो।
पाठ - 1 की कविता (कौशिक कर्ण वाली की) 10
पंक्तियाँ याद करो।

पाठ - 2, 3 के प्रश्न - उत्तर WRITE ON NOTE BOOK.

पाठ - 2, 3 का अभ्यास कार्य WRITE ON BOOK.

FOR OFFICE USE :-

PLEASE SCAN FOLLOWING PAGE NO - 15, 16, 17, 23
24, 25

MAS. SHILPI

DATE - 20.3.20

शब्दार्थ Word Meaning

प्रयत्न	- कोशिश (attempt)	सख्त	- कठिन/कठोर (hard)
प्रमाण	- सबूत (proof)	निरर्थक	- बिना अर्थ/मतलब का (meaningless)
परिश्रम	- मेहनत (labour)	पिछवाड़े	- पीछे के भाग में (in the back portion)
दशा	- हालत (condition)		
फिजूलखर्ची	- अनावश्यक खर्च (extravagant)		



अभ्यास Exercise

पाठ को जानें (Know the Lesson)

◆ मौखिक विश्लेषण कीजिए— (Oral analysis)

1. शुद्ध उच्चारण का अभ्यास कीजिए— (Practice the proper pronunciation.)
व्यापारी, फिजूलखर्ची, प्रयत्न, प्रमाण, संपत्ति, पिछवाड़े
2. माता-पिता द्वारा बेटे को अधिक लाड़-प्यार करने का क्या परिणाम हुआ? लड़का बिगड़ गया।
3. व्यापारी ने स्वयं की संपत्ति बेटे को देने के लिए क्या शर्त रखी? धन कमाने की।
4. व्यापारी का बेटा प्रतिदिन एक रुपया कैसे कमाता था? कठिन मेहनत करके।

◆ निम्नलिखित प्रश्नों के उत्तर लिखिए— (Answer the following questions.)

1. व्यापारी का बेटा कैसे बिगड़ गया था?
व्यापारी का बेटा अधिक लाड़-प्यार से बिगड़ गया।
2. अपने पुत्र को सुधारने के लिए व्यापारी ने उससे क्या कहा?
अपने पुत्र को सुधारने के लिए व्यापारी ने उससे धन कमाने को कहा।
3. व्यापारी के पुत्र ने पैसे कमाने के लिए क्या किया?
व्यापारी के पुत्र ने पैसे कमाने के लिए कठिन मेहनत की।

4. पुत्र द्वारा कमाए गए रुपये का व्यापारी क्या करता था ?

पुत्र द्वारा कमाए गए रुपये को वह कुएँ में डाल देता था।

5. अंत में व्यापारी के पुत्र ने क्या निश्चय किया ?

अंत में व्यापारी के पुत्र ने निश्चय किया कि वह धन को व्यर्थ में खर्च नहीं करेगा।

◆ सही कथन के आगे ✓ व गलत कथन के आगे × लगाइए- (Tick (✓) against the right statements and (×) against the wrong statements.)

1. अधिक लाड़-प्यार से व्यापारी का बेटा बिगड़ गया था।
2. पुत्र को सुधारने के लिए माता-पिता ने कोई प्रयत्न नहीं किया।
3. व्यापारी के पुत्र ने पैसे कमाने के लिए अनाज के बोरे ठेले पर लादने और उतारने का कार्य किया।
4. व्यापारी अपने पुत्र की कमाई को अपनी जेब में रख लेता था।

◆ बहुविकल्पीय प्रश्न (MCQs)

सही उत्तर वाले विकल्प पर ✓ लगाइए- (Tick (✓) the correct answer.)

1. व्यापारी का पुत्र क्यों बिगड़ गया था ?

- (i) अधिक लाड़-प्यार करने से (ii) अधिक क्रोध करने से
(iii) नफरत करने से (iv) अधिक काम करने से

2. व्यापारी ने अपने पुत्र से किस बात का प्रमाण देने को कहा ?

- (i) धन कमाने का (ii) अच्छे स्वास्थ्य का
(iii) आलस नहीं करने का (iv) पढ़ाई करने का

3. व्यापारी का पुत्र दिन-भर परिश्रम करने के बाद कितने रुपये कमाता था ?

- (i) दस रुपये (ii) एक रुपया (iii) पाँच रुपये (iv) दो रुपये

अब भाषा की बात (About the Language)

◆ विशेषण शब्द जिन शब्दों की विशेषता बताते हैं, उन्हें 'विशेष्य' कहते हैं; जैसे- 'मेहनती लड़का'; इसमें 'मेहनती' विशेषण शब्द है और 'लड़का' विशेष्य है। (Adjectives qualify the words which are called 'विशेष्य'.)

नीचे दिए गए वाक्यांशों में से विशेषण और विशेष्य छाँटकर अलग-अलग लिखिए—
(Separate the adjective and noun 'विशेष्य'.)

	विशेषण	विशेष्य
1. दानी राजा	<u>दानी</u>	<u>राजा</u>
2. बढ़िया खाना	<u>बढ़िया</u>	<u>खाना</u>
3. कड़ी धूप	<u>कड़ी</u>	<u>धूप</u>
4. सुहावना मौसम	<u>सुहावना</u>	<u>मौसम</u>
5. ईमानदार लड़का	<u>ईमानदार</u>	<u>लड़का</u>

◆ निम्नलिखित वाक्यांशों के लिए एक-एक शब्द लिखिए— (Write one word for the following groups of words.)

- | | |
|---|--|
| 1. जो व्यर्थ में ही पैसे खर्च करता हो
<u>अपव्ययी</u> | 4. जो आसानी से मिले
<u>सुलभ</u> |
| 2. जो बहुत कम खर्च करता हो
<u>कंजूस</u> | 5. जो कठिनाई से मिले
<u>दुर्लभ</u> |
| 3. जो आवश्यकतानुसार खर्च करता हो
<u>मितव्ययी</u> | 6. जिसका कोई कारण न हो
<u>अकारण</u> |

◆ उचित समुच्चयबोधक भरकर वाक्य पूरे कीजिए— (Complete the sentences by filling the proper conjunctions.)

लेकिन, कि, या, क्योंकि

- पुत्र को सुधारने के लिए माता-पिता ने खूब प्रयत्न किए, लेकिन इससे कोई लाभ नहीं हुआ।
- तुम्हें इस बात का प्रमाण देना होगा कि तुम भी धन कमा सकते हो।
- पिता पुत्र से कुछ भी नहीं कहता था लेकिन उसके द्वारा कमाकर लाया गया रुपया कुएँ में डाल देता था।
- तुम खाना खाओगे या आराम करोगे ?
- व्यापारी खुश था क्योंकि उसके यहाँ पुत्र का जन्म हुआ था।



अभ्यास Exercise

पाठ को जानें (Know the Lesson)

◆ मौखिक विश्लेषण कीजिए- (Oral analysis)

1. शुद्ध उच्चारण का अभ्यास कीजिए- (Practice the proper pronunciation.)
मुसाफ़िर, आश्रय, धर्मशाला, शांतिपूर्वक, दिव्य स्वरूप, श्रद्धा, पश्चाताप
2. सेठ जी और किसान के स्वभाव में क्या अंतर था? सेठ कंजूस और किसान उदार था।
3. सेठ जी ने मुसाफ़िर के साथ कैसा व्यवहार किया? बहुत बुरा।
4. किसान ने भगवान से क्या वरदान माँगा? सेवा भक्ति का।

◆ निम्नलिखित प्रश्नों के उत्तर लिखिए- (Answer the following questions.)

1. सेठ जी का स्वभाव कैसा था?
सेठ जी कंजूस स्वभाव के थे।
2. मुसाफ़िर ने सेठ जी से क्या प्रार्थना की?
मुसाफ़िर ने सेठ जी से उसे एक रात अपने यहाँ आश्रय देने की प्रार्थना की।
3. गरीब किसान ने मुसाफ़िर के साथ कैसा व्यवहार किया?
गरीब किसान ने मुसाफ़िर के साथ बहुत अच्छा व्यवहार किया।
उसने मुसाफ़िर को खाना और सोने को बिस्तर दिया।
4. सेठ जी को पूरी रात नींद क्यों नहीं आई?
सेठ को पूरी रात नींद इसलिए नहीं आई क्योंकि वह सारी रात
यह सोचता रहा कि तीन वरदानों में क्या-क्या माँगे।
5. अंत में सेठ जी के स्वभाव में क्या बदलाव आया?
अंत में सेठ जी उदार बन गए और अपनी दौलत अच्छे कार्यों में
खर्च करने लगे।

◆ सही कथन पर ✓ व गलत कथन पर ✗ लगाइए- (Tick (✓) for right statements and (✗) for wrong statements.)

1. सेठ बहुत धनी और उदार था।
2. सेठ ने मुसाफ़िर को आश्रय और भोजन दिया।

✗

✗

3. किसान ने मुसाफिर को आश्रय दिया।
4. भगवान के वरदान द्वारा सेठ को बहुत-सा धन मिला।
5. भगवान ने सेठ जी का आमंत्रण स्वीकार कर लिया।

◆ बहुविकल्पीय प्रश्न (MCQs)

सही उत्तर वाले विकल्प पर ✓ लगाइए— (Tick (✓) the correct answer.)

1. सेठ के दरवाजे पर कौन आया ?
 (i) मुसाफिर (ii) किसान (iii) व्यापारी (iv) राजा
2. मुसाफिर को आश्रय और भोजन किसने दिया ?
 (i) सेठ ने (ii) किसान ने (iii) भगवान ने (iv) राजा ने
3. सेठ को भगवान ने कितने वरदान दिए ?
 (i) चार (ii) तीन (iii) दो (iv) एक

अब भाषा की बात (About the Language)

- ◆ हिंदी भाषा लिखते समय 'र' के विभिन्न रूप प्रयुक्त होते हैं (We use various types of 'र' in Hindi)

जैसे—	र	—	रथ, वीरता, भारत
As—	र रेफ़ (¨)	—	वर्षा, आदर्श, धर्म
	र पदेन (,)	—	प्रकाश, ट्रक, ग्राम

पहली पंक्ति में 'र' पूरा है अर्थात् स्वर सहित है। (In first line 'र' is used with vowel.)

दूसरी पंक्ति में 'र' स्वर रहित है। स्वर रहित 'र' जिस व्यंजन के साथ जुड़ता है, उसके ऊपर (¨) लिखा जाता है और उससे पहले बोला जाता है; जैसे— गर्म = ग् + अ + र् + म् + अ । र् के इस चिह्न (¨) को रेफ़ कहते हैं। (In second line 'र' is without vowel. When 'र' without vowel is joined with a consonant, then we write (¨) over that consonant and is spoken before it. Like— गर्म = ग् + अ + र् + म् + अ । This sign of र् (¨) is called rafe.

तीसरी पंक्ति में 'र' पूरा है अर्थात् स्वर सहित है। जब कोई स्वर रहित व्यंजन 'र' में मिलता है तो स्वर रहित व्यंजन को पूरा लिखकर उसके नीचे 'र' को पदेन रूप (,) में लिखते हैं; जैसे—प्रकाश, ग्रह, ट्रक, ड्रम। (In third line 'र' is with vowel.

When a consonant of without vowel is joined with 'र' then we write that constant with vowel and 'र' is used in 'paden' form (,) , Like—प्रकाश, ग्रह, ट्रक, ड्रम।

'र' के तीनों रूप वाले पाँच-पाँच शब्द लिखिए- (Write five words for each form of 'र'.)

र	'र' रेफ़ (')	'र' पदेन (, , -)
रख	पर्व	प्रेम
घर	वर्ष	प्रश्न
रथ	कार्य	प्रकाश
वरदान	धर्म	भ्रम
भारत	कर्म	क्रोध

◆ निम्नलिखित शब्दों के विलोम शब्द लिखिए- (Write antonyms for the following words.)

कंजूस	- उदार	शोक	- हर्ष
वरदान	- अभिवाप	दयालु	- निर्दयी
सुंदर	- असुंदर, कुरूप	स्वीकार	- अस्वीकार



रचनात्मक गतिविधियाँ Creative Activities

◆ 'मेरे जीवन की अभिलाषा' शीर्षक पर एक अनुच्छेद लिखिए। इस अनुच्छेद में आप अपनी उस इच्छा के बारे में बताइए जिसे आप जीवन में अवश्य पूरी करना चाहते हैं। अपनी उस इच्छा को पूरा करने के लिए आप क्या प्रयास करेंगे, उसका वर्णन भी कीजिए।

(Write a paragraph on 'The desire of my life'. In this paragraph write about that desire which you want to fulfil. What will you do to fulfil that desire? Describe.)

◆ स्वर्णिम वचन-

यदि आप आराम की ज़िंदगी गुज़ारना चाहते हैं
तो कुछ परेशानी तो आपको उठानी ही पड़ेगी।

-ऐबिगैल वैन व्यूरेन

