

5. Give some examples for non-living things.

Ans Table, Chair, Pen, pencil, Stone, Water, mountains, Sky etc.

6. What are the characteristics of living things?

Ans The characteristics of living things are

- 1) Growth
- 2) Nutrition
- 3) Movement
- 4) Respiration
- 5) Excretion
- 6) Response to Stimuli
- 7) Reproduction
- 8) Life span

7. What is growth?

Ans Increase in size and shape of the body is called growth.

8. What is Nutrition?

Ans The process of assimilation, digestion and excretion of food through the mouth is called nutrition.

8. What is movement?

Ans Moving from one place to another in search of food is called movement.

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9. What is Respiration?

Ans Taking of oxygen and giving out of Carbon-di-oxide is called respiration.

(OR)

The process of inhaling and exhaling of gases, is called respiration.

10. What is Excretion?

Ans The process of removal of waste things from the body is called excretion.

11. What is Response to Stimuli?

Ans Giving response to environment is called Response to Stimuli.

12. What is Reproduction?

Ans Giving birth to young ones of their own kind is called reproduction.

13. What is Life span?

Ans The period between birth and death is called life span.

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14. Which are the basic needs of life?

Ans Air, Water, and Food are the basic needs of life.

15. From where we get the air?

Ans We get the air from plants, through the process of photosynthesis.

16. Which is the source of natural water?

Ans Rain is the source of natural water.

17. What are the different sources of water?

Ans Rivers, lakes, ponds, Wells, Ocean, Springs etc are the different sources of water.

18. What are the uses of water?

Ans Water is used in cooking, Bathing, Washing, in agriculture and in industries.

19. Water is called 'Universal Solvent'?

Ans Water is called 'Universal Solvent' because it dissolves almost all the substances in it.



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Q20. What is food?

Ans. The thing which nourishes the body by providing energy is called food.

Q21. What are the different nutrients present in the food?

Ans. The different nutrients that are found in the food are:

- * Carbohydrates
- * Proteins
- * Vitamins
- * Lipids or Fats
- * Minerals

Q22. What is meant by malnutrition?

Ans. Absence of any one nutrient in our diet causes a disease is known as malnutrition.

Q23. What are the sources of carbohydrates and proteins?

Ans.

<u>Nutrients</u>	<u>Sources</u>
* Carbohydrates	Rice, Wheat, Ragi, Potato, Mahendra Gold Apple, Banana etc.

Nutrient

Source

x. Proteins

Egg, meat, Chick
Fish, milk and its
products.

24. What are the different kinds of vitamins?

Ans

The different kinds of vitamins are

vitamin A.

vitamin B

vitamin C

vitamin D

vitamin E

vitamin K.

25. Name of the vitamin Deficiency Disease

vitamin - A

Night-blindness

vitamin - B

Beri-Beri

vitamin - C

Scurvy

vitamin - D

Rickets in children.

26. What is Balanced Diet?

Ans

A food which contains all the nutrients like carbohydrates, proteins, vitamins, lipids and minerals in required quantity is called Balanced diet.