



Sophia Girls' School
Meerut Cantt
Study Material / Worksheets / Assignment

Class IV

Assinment Date : 04/05/2020

To be Completed by : 10/05/2020

Guidelines : Complete the work given in different subjects according to the instructions given along with each subject. It has to be submitted in school once the school reopens

Subject : **General Science**

Chapter: The food we eat and Adaptation in Animals

General Instructions:

1. Read chapter IV and watch these two videos, links of which are given below:
 - a. <https://youtu.be/EiB-F8WnWJo>
 - b. https://youtu.be/yY4NNxka_to
2. Doubts will be cleared in class if any.
3. Complete all the objective type questions given in the book. (Page 44 and 45)
4. Write the following questions and answers of Chapter 1 and 2 neatly in General Science note book.

Questions:

Chapter 1

1. Name the nutrients that our body needs.
Answer: The nutrients that our body needs are carbohydrates, fats, proteins, vitamins and minerals.
2. What is the role of roughage in our food?
Answer: Given on page no. 11, first paragraph (Roughage is the.....of waste easily.)
3. What is meant by a balanced diet?



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Answer: A diet that contains all the nutrients in the right amount is called balanced diet.

4. What is the importance of water for our body?

Answer: Given on page no. 11, first paragraph of “water” (Water has no temperature of the body.)

5. Draw diagrams of two food items that contain protein and carbohydrates.

Chapter 4

1. What is adaptation?

Answer: A change that a living thing undergoes to become better suited to the environment is called adaptation. For example, camels are adapted to live in desert.

2. What is the meaning of “winter sleep”?

Answer: Animals such as frogs and snakes cannot bear extreme cold. Therefore, they sleep for several months to protect themselves from cold. This long period of rest is known as winter sleep or hibernation.

3. Define camouflage.

Answer: The body colour of animals such as grasshoppers and polar bear matches their surroundings. This saves them from being seen by their enemies. This method of saving themselves by matching their surroundings is called camouflage.

4. How do deer and snails protect themselves?

Answer: Page no. 41, 2nd and 3rd point from “Adaptation for protection”.

5. A fish cannot live on land. Why?

Answer: A fish cannot live on land because fish is an aquatic animal and it breathe oxygen dissolved in water through special breathing organs called gills.

Activity

6. Make a poster on “Save tigers” with a suitable slogan in the fair copy.



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विषय— हिन्दी भाषा

अभ्यास कार्य

1. अनेक शब्दों के एक शब्द—:
पृष्ठ 57 पर (1) से (12) तक।
2. संज्ञा की परिभाषा उदाहरण सहित लिखो।
3. संज्ञा के भेद (व्यक्तिवाचक, जातिवाचक और भाववाचक) के दो-दो उदाहरण लिखो।
4. जातिवाचक संज्ञा से भाववाचक संज्ञा बनाओ (पृष्ठ 16)—:
दोस्त, मानव, ठग, बच्चा, शत्रु, वीर, सुन्दर, नीच।
5. भेद सहित संज्ञा शब्द छाँट कर लिखो—
 - 1) रस्ती की लम्बाई अधिक है।
 - 2) नदी बहती है।
 - 3) कुतुबमीनार दिल्ली में है।
 - 4) अंगूरों में मिठास है।

Note: The above work has to be done in Hindi Language Class Work Copy. For understanding the topic open this link- <https://www.youtube.com/watch?v=yQUJT4aylac>

STAY AT HOME, STAY SAFE...MAKE THE BEST USE OF YOUR TIME