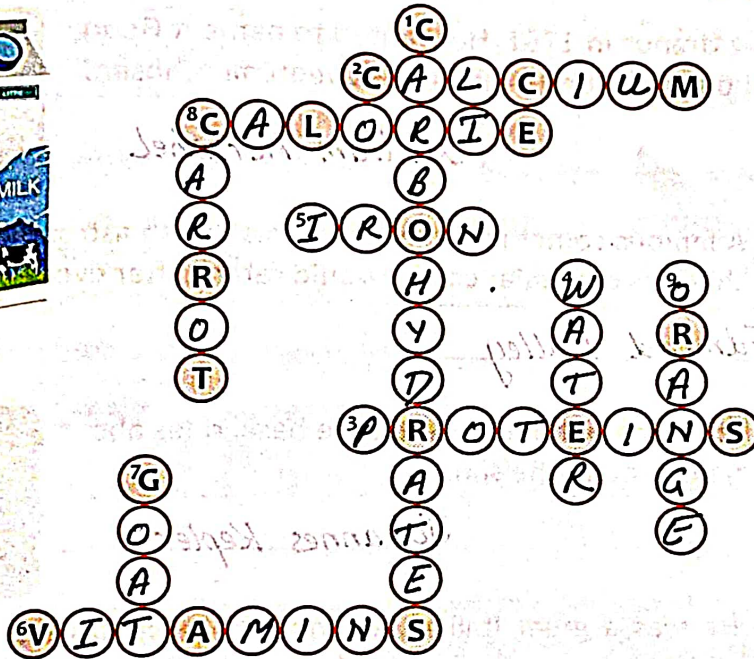


20

FAT FREE

Nowadays people are becoming more aware of the importance of nutritious food. Fill up the crossword to know more about nutrition.



Down

1. They provide about half of the required energy and thus maintain the temperature of the body.
4. It constitutes 75 percent of our body and helps in the digestion and absorption of food.
7. The milk of this animal is easier to digest than that of cow.
8. This vegetable is a rich source of vitamin A.
9. This fruit is a rich source of vitamin C.

Across

2. It is required for the growth and maintenance of bones and teeth.
3. Eggs, beans, pulses and meat are rich sources of this substance.
5. Deficiency of this important mineral causes Anaemia.
6. They are organic substances which are essential for the growth of the body and are required in small amounts.
8. A unit for measuring how much energy our food produces.

Know More

We feel hungry as soon as the nutrition level in our blood comes down. The hunger centre in our brain activates the stomach and intestines and that is why the stomach starts rumbling and we feel hungry.

People who study the heavenly bodies are called astronomers.

Identify the following great astronomers and write their names.

1. He discovered planet Uranus in 1781. He wanted to name it George after King George III but the name Uranus was eventually chosen.

William Herschel



2. A famous comet is named after this British astronomer. He predicted that this particular comet would return after every 76 years.

Edmond Halley

3. He was a German astronomer who discovered the basic rules about the way the planet move around the sun.

Johannes Kepler



4. He was a great Italian astronomer. He made a telescope through which he recognized Jupiter's four moons.

Galileo Galilei

5. He was the first who said that the earth revolves around the sun. The Roman Catholic Church banned his book for almost 300 years.

Nicolaus Copernicus



6. He was a great American boxer before he turned to astronomy. A big telescope is named after him.

Edwin Hubble



Nicolaus Copernicus
William Herschel
Johannes Kepler

Edmond Halley
Edwin Hubble
Galileo Galilei



Know More

- Halley's comet last came in sight in 1986. Its next visit will be in 2062 (after 76 years.)
- Venus is the slowest rotating planet. It takes 243 days to complete one rotation on its axis.



When we contract diseases we usually notice a few signs which appear on the body called symptoms. Read the symptoms given below and identify the diseases.

1. Symptoms are fever, pink spots, redness of eyes and bronchi
Measles
2. Fungi causes diseases like Dhoobie itch, Athlete's foot and
Ringworm
3. Abnormal growth of cells often resulting in a malignant tumor
Cancer
4. A condition in which a person reacts in a hyper sensitive manner to any substance Allergy
5. Bone disease among the children caused by lack of vitamin D.
Rickets
6. A disease which often gives the skin and eyes of a person a pale yellowish colour. Jaundice
7. An infectious disease marked by swelling of large salivary glands in front of the ear. Mumps
8. Difficulty in seeing distant objects. Myopia
9. A lung disease whose attack causes difficulty in breathing and suffocation. Asthma
10. Numbness and swelling of arms and legs. This is caused due to deficiency of vitamin B. Beri-Beri
11. It affects the skin and the nerves. Initially, there is pain and tingling in the affected area and later there is complete loss of feeling. Leprosy
12. It is the clouding of the lense of the eye which prevents clear vision. Cataract



Know More

Snoring is caused by the vibration of the palate at the roof of the mouth.

Clue Box

- | | | |
|-------------|--------------|------------|
| a. Asthma | b. Allergy | c. Leprosy |
| d. Myopia | e. Cataract | f. Cancer |
| g. Jaundice | h. Beri-Beri | i. Measles |
| j. Ringworm | k. Mumps | l. Rickets |



23

SPACE MISSION

Read about the following Indian missions in space and tick (✓) the correct answer

1 India's first weather-cum-communication satellite

- ☐
- ☐
- ☒

SLV-3
Chandrayaan-2
INSAT-1A



2 India's first satellite to orbit the moon

- ☒
- ☐
- ☐

Chandrayaan-1
INSAT-2D
IRS-1A

3 First Indian satellite launch vehicle to put a 35 kg satellite named 'Rohini', into orbit around the Earth

- ☐
- ☒
- ☐

Agni-3
SLV-3
Apollo-11



4 First Indian satellite

- ☒
- ☐
- ☐

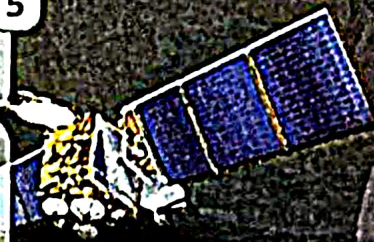
Aryabhata
Columbia
Apollo-11



5 India's first remote-sensing satellite

- ☐
- ☒
- ☐

Agni-3
IRS-1A
Prithvi



6 First Indian astronaut to go into space

- ☐
- ☐
- ☒

Kalpana Chawla
Sunita William
Rakesh Sharma



Know More

Vikram A Sarabhai is considered as the 'Father of Indian Space Programmes'.





Internet is an international network connecting large number of computer networks around the world. Part of the internet is called the World Wide web. It contains different websites.

Given below are some terms related to the internet. Try to find them in the puzzle.

1. Sending messages electronically is called E-mail
2. To open your e-mail ID you must know your Password
3. A junk mail sent to a large number of people about something they are not interested in is spam
4. If you are working on internet, you will be seen and called online
5. In a web address www, the second w stands for wide
6. To move to another web page we click this new tab

E	M	A	I	L	C	K	E
P	A	S	S	W	O	R	D
S	O	N	L	I	N	E	T
P	W	I	D	E	T	X	E
A	E	L	P	L	A	T	R
M	N	D	A	B	H	K	E
S	N	E	W	T	A	B	I
P	A	S	S	W	T	R	P

E-mail Address: This is the electronic destination to which the email is sent. It consists of the recipient's username followed by the "@" symbol and the domain name of the email service provider (e.g., "recipient@example.com"). The email is delivered to this specific address.

Search Engines: Search engines provide an index of all words stored on the world wide web. Keywords typed in by the end user are matched against the index and the user is given a list of all corresponding web pages containing the keywords. Write the names of any two search engines.

1

Yahoo

2

Google

**Know More**

Internet was created by the US Department of Defence in 1969 under the name APRA net.



Choose the correct option:

1. Which word denotes 'faster than the speed of sound' ?
 a. Bionic b. Subsonic ☒ c. Supersonic
2. Which metal is used in a thermometer?
 a. Mica b. Silver ☒ c. Mercury
3. Where does geothermal energy come from?
 a. Sun b. Wind ☒ c. Earth
4. What does a magnet attract?
 a. Plastic ☒ b. Iron c. Stone
5. What do you find in a geyser?
 a. Milk ☒ b. Hot water c. Juice
6. Which one is the solid state of water?
☒ a. Ice b. Steam c. Water vapour
7. What is noise measured in?
 a. Dynes b. Newtons ☒ c. Decibels
8. What proportion of the air is oxygen?
☒ a. One-fifth b. One-fourth c. One-tenth
9. What are vertebrae?
 a. Muscles ☒ b. Bones c. Vessels
10. What is made from bauxite?
 a. Gold b. Silver ☒ c. Aluminium



Fact File

Guglielmo Marconi was just 20 years old when he found a way to transmit radio signals. In 1894, he was able in sending message across the room by using invisible waves. Seven years later, he succeeded in sending radio signals halfway around the world!



Guglielmo Marconi

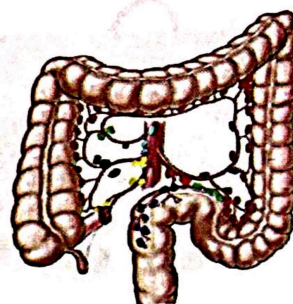
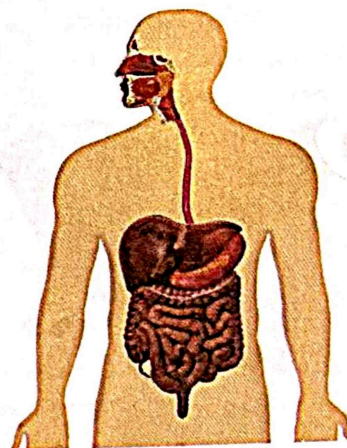
Know More

- ☐ The leech is sometimes used by doctors to suck the blood of a patient.
- ☐ Water is made up of oxygen and hydrogen.
- ☐ Gramophone was invented by Thomas Alva Edison.



Read the clues given below related to the human digestive system and name them.

1. Food in the stomach that is partly digested and mixed with gastric juices. Chyme
2. The flap at the back of the tongue that keeps chewed food from going down the windpipe to the lungs. epiglottis
3. The glands located in the mouth that produce saliva. Salivary
4. The first part of the digestive system, where food enters the body. mouth
5. The long tube between the mouth and the stomach. It uses rhythmic muscle movements to force food from the throat into the stomach. oesophagus
6. The system of the body that processes food and gets rid of waste. digestive
7. A digestive chemical that is produced in the liver, stored in the gallbladder and secreted into the small intestine. bile
8. The part of the body that contains the digestive organs. In human beings, this is between the diaphragm and the pelvis. abdomen



Digestive system
Salivary glands

Epiglottis
Chyme

Mouth
Bile

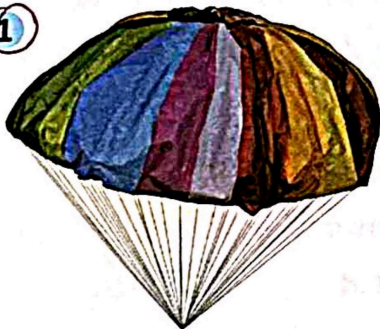
Abdomen
Oesophagus

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WHERE IS THE NYLON?

Tick (✓) the things in which nylon is used.

1



2



3



4



5



6



7



8



9

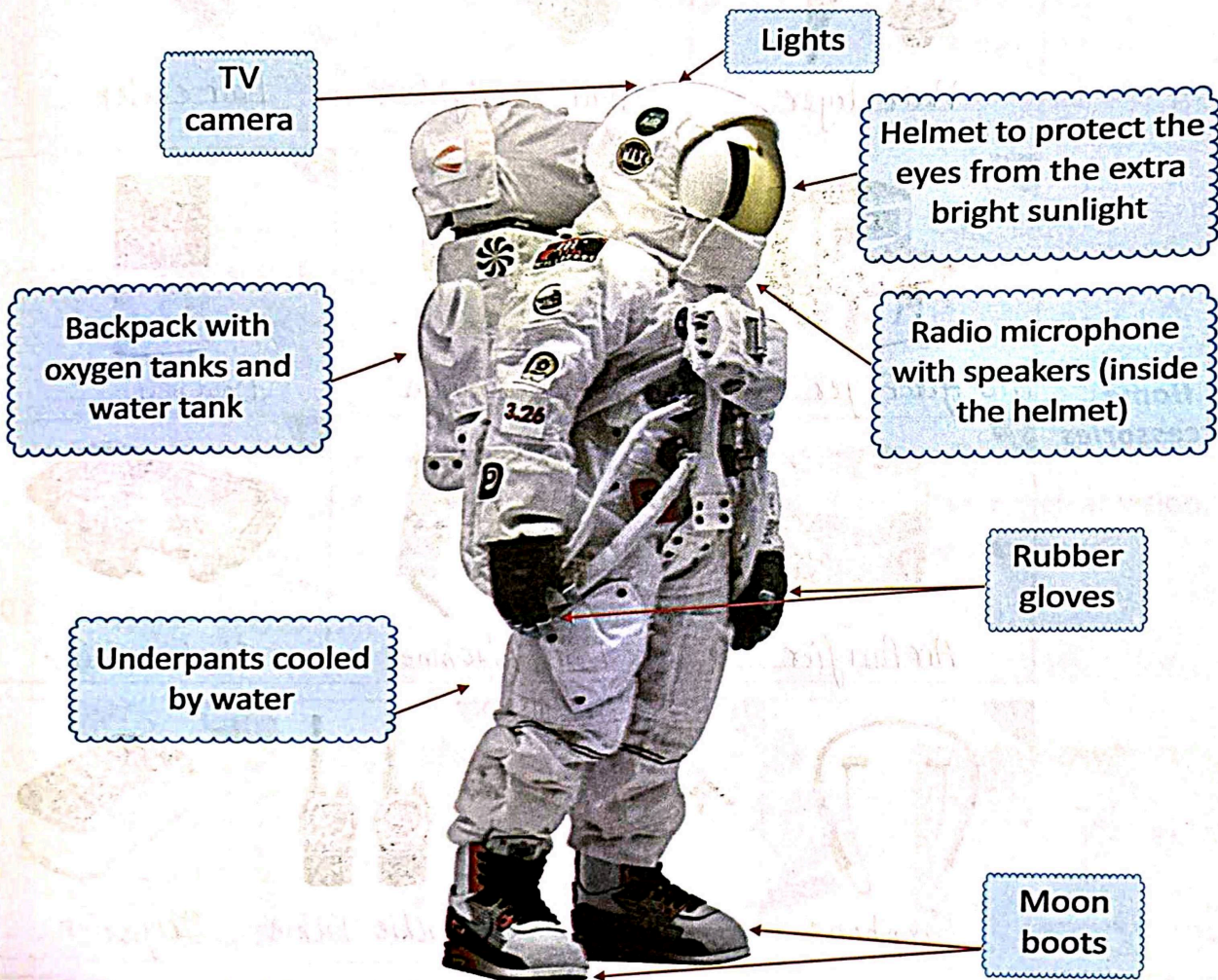


Know More

During World War II, it was difficult to make silk, so nylon was used to make parachutes and other military equipment.



Did you know there's no air in space? It is very cold out there. And if the sun rays happen to fall on a person, it can be harmful. That's why astronauts wear a spacesuit to move about in space. It protects their bodies from heat and cold and provides air to breathe. **Take a look at the parts of a spacesuit.**

**Know More**

Why do spacesuits look puffed up? It's because they are filled with air.



Machines are important for today's world. They can help human beings in many effective ways. See and write the name of the latest machines:

Hair Accessories



Hair dryer



Hair straightener

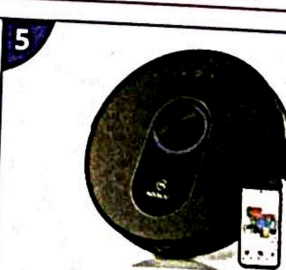


Hair curler

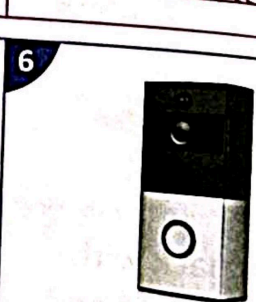
Home Accessories



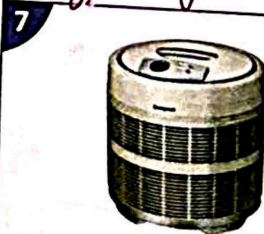
Oil free fryer



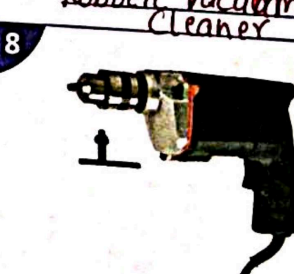
Robotic Vacuum Cleaner



Door bell



Air Purifier



Drill Machine



Electric Grill

Stay Safe



Earphone



Drone



Walkie Talkie



Oxymeter

Medical Magic

A pulse oximeter is a device that is usually placed on a fingertip to get the oxygen level of human body.



a. Drill Machine, b. Air Purifier, c. Hair Dryer, d. Doorbell, e. Hair Straightener, f. Hair Curler, g. Robotics Vacuum Cleaner, h. Electric Grill, i. Drone, j. Earphone, k. Walkie-talkie, l. Oxymeter

SELF ASSESSMENT-3

Q1. Choose the correct option.

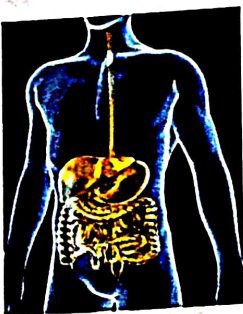
- A. Sending message electronically is called
 (i) e-shopping (ii) e-mail (iii) postpox
- B. What does a magnet attract?
 (i) plastic (ii) stone (iii) iron
- C. The glands located in the mouth that produce Saliva in called the :
 (i) salivary glands (ii) bile (iii) abdomen
- D. Spacesuits look puffed up as they are filled with _____.
 (i) water (ii) heat (iii) air
- E. Deficiency of _____ causes Anaemia.
 (i) calcium (ii) iron (iii) potassium

Q2. Complete the word.

- The doctor who treats the patients of cancer in called an Oncologist.
- The milk of the goat is easier to digest than that of cow.
- Dentist treats teeth.
- Egg, beans, pulses and meat are rich sources of Protein.
- Cataract is the clouding of the lens of the eye which prevents clear vision.
- Rakesh Sharma is the first India astronaut to go into space.

Q3. Picture Questions

See and write the answer below:



Digestive System



Oxymeter



Gloves



Guglielmo Marconi