

English

1. Care

A-SHORT ANSWER QUESTIONS

1-How did Bruno show his love for Rajat?

Answer:-Every afternoon as Rajat returned from school, Bruno greeted him. It wagged its curved tail and followed him everywhere.

2-How did Bruno feel when Rajat was unwell?

Answer:-Bruno was very sad. He laid awake near him.

3-What did the doctor suggest Rajat to become well?

Answer:-The doctor suggested Rajat to take medicines and eat lots of fruits and vegetables.

4-What did Rajat use to do on the computer?

Answer: -Rajat used to play games on the computer.

5-What did Bruno decide then?

Answer: -Bruno decided to go to the park on its own.

6-Did Rajat realise that Bruno was not there at home?

Answer: -Yes, Rajat realized that Bruno was not there at home.

7-What was Bruno doing in the park?

Answer: -Bruno was playing with the other dogs.

8-What did Rajat say to Bruno when he saw it playing with other dogs?

Answer:-Rajat said "Sorry Bruno! I didn't take care of you! I'll be careful now and bring you to the park everyday.

9-How did Bruno respond?

Answer:-Bruno wagged its tail and tried to lick Rajat's hand.

10-Did they play together after that?

Answer:-Yes, they played together after that.

E-One Word Answer Questions

1-Who was Bruno?

Answer:-pet dog

2-Where did Rajat take his pet everyday?

Answer:-To the park

3-Which place was Bruno's favourite playing spot?

Answer:-The pond in the park

4-What did Rajat's parents buy one day?

Answer:-Computer

5-Was Rajat very happy to play games on the computer with his father?

Answer:-Yes

6-Whom was Bruno playing with in the park?

Answer:-Dogs

2. The Proud Butterfly

Textual Question Answers

A-SHORT ANSWER QUESTIONS

1-Describe the butterfly.

Answer:-Butterfly was beautiful, shiny and colourful.

2-What was the butterfly doing?

Answer:-The butterfly was flitting from one flower to another.

3-Where did the butterfly sit?

Answer:-The butterfly sat on Ella's ear.

4-What did the butterfly say about itself?

Answer:-She said that she was the most beautiful of all the butterflies.

5-What did the butterfly say comparing herself with Ella?

Answer:-You are so large! Your body is heavy while I am delicate and light.

6-Why did Flappy refuse to become Ella's friend?

Answer:-Flappy was a proud butterfly. She thought that she is better than Ella in all ways.

7-Which of the two can suck nectar from the flowers?

Answer:-The butterfly can suck nectar from the flowers.

8-Could Flappy save herself? What happened to her?

Answer:-No flappy could not save herself. She was flown away in the wind.

Exercise Question Answers

A. Reading Comprehension (pages 18-19)

1. a) flower b) ear c) nectar

d) wind e) ground

2. a) Ella asked these words.

b) Flappy said these words.

c) Flappy said these words.

d) Flappy said these words.

e) Ella said these words.

3. The Little Pink Rosebud

Textual Question Answers

A-SHORT ANSWER QUESTIONS

1-Where did the little pink rosebud live?

Answer:-The little pink rosebud lived in a little dark house under the ground.

2-Why did rain tap rosebud's door?

Answer:-The rain wanted to come in.

3-Who came with rustling and whispering sound? Did the rosebud open the door for him?

Answer:-The sunshine came with rustling and whispering sound. No, the rosebud did not open the door for him.

4-What did the too little voices say, together?

Answer:-They said, “We want to come in! Please let us in! we’ll take you outside.”

5-Why did the rain and the sunshine take the rosebud out of her house?

Answer:-They wanted to show her the beautiful world.

6-How did the rain and the sunshine take her out from her house?

Answer:-The rain took one of her little hands and the sunshine took the other. They ran with her up to the top of the ground.

7-Where was the rosebud when she reached up to the top of the ground?

Answer:-The rosebud was in the midst of a beautiful garden.

8-What kind of weather was there?

Answer:-It was springtime there.

9-How did she look in the whole garden?

Answer:-She looked the prettiest little pink rosebud in the whole garden.

4. The Tidy Toys

Textual Question Answers

A-SHORT ANSWER QUESTIONS

1-How did Parul feel to see her new house?

Answer:-Parul was very happy to see her new house.

2-What did mother say to Parul?

Answer:-Mother said, “Do tidy your room before sleeping?”

3-Did Parul obey her mother? How can you say?

Answer:-No, Parul didn’t obey her mother. She went to bed without clearing it.

4-What did Parul see the next day?

Answer:-The next morning, all the toys had been put back in their proper place.

5-What happened one afternoon when she came back from school?

Answer:-One afternoon when Parul came back from school, she went to pick up a doll. It jumped out of her hands and said, "I don't want to play with you!"

6-What did an old teddy bear say to Parul?

Answer:-The old teddy bear said, "You always leave us so far away from our proper place, the place where we feel most comfortable and happy."

7-What did a storybook say?

Answer:-The storybook said, "Do you have any idea how difficult it is for the books to climb back up onto their shelves or for pens to jump into their holders?"

8-What did a pencil say?

Answer:-The pencil said, "We won't play with you any more until you promise to leave us in our little houses before you go off to bed."

9-Did Parul feel sorry for her bad behavior?

Answer:-Yes, Parul felt sorry for her bad behaviour.

10-What did Parul do from that day?

Answer:-From that day, Parul always kept her toys nicely in their special places before she went to bed.

Exercise Question Answers

A. What Did I learn? (page 39)

1. a) Parul didn't clean up her room before going to bed because she felt tired.

b) When Parul picked up the doll after coming back from the school, it jumped out of her hands. It told her that it didn't want to play with her.

c) Parul's toys didn't want to play with her because she had treated them very badly. She had never put her toys back in their proper places, after playing with them.

d) After the toys spoke to Parul, she realised that she had treated them very badly.

e) Parul's parents noticed that she kept her toys nicely in their special places before she went to bed.

2. a) 1 b) 4 c) 2 d) 5 e) 3 f) 6

5. The Tooth Fairy

Textual Question Answers

A-SHORT ANSWER QUESTIONS

1-What did Hitesh do with his first tooth?

Answer:-Hitesh had put the tooth under his pillow for the tooth fairy.

2-Why couldn't Hitesh see the tooth fairy when she came first time?

Answer:-Hitesh could not see the tooth fairy because he had fallen asleep.

3-What did Hitesh decide to do to see the tooth fairy?

Answer:-Hitesh decided to stay awake all night and wait for her coming so that he could see her.

4-How was the voice of tooth fairy sounded to Hitesh?

Answer:-The voice of tooth fairy sounded like tiny bells.

5-What did Hitesh say when he met the tooth fairy first time?

Answer:-He said, "Hello, Tooth Fairy! I want to thank you for the toy car you left for me last time."

6-Why do tooth fairies sprinkle magical fairy dust over the children's eyes?

Answer:-Tooth Fairies sprinkle magical fairy dust over the children's eyes so that they forget.

7-How do tooth fairies create fairy dust?

Answer:-Tooth Fairies go all over the world and collect children's teeth that are left under pillows and leave something in return. Then they take these teeth back to fairyland. They make magical fairy dust out of these teeth.

8-What makes fairy dust magical?

Answer:-It is the smiles that make fairy dust magical.

Exercise Question Answers

A What Did I Learn? (Pages 48-49)

1. a) The Tooth Fairy had left a toy car for Hitesh, when he had lost a tooth earlier.
- b) Hitesh was awake at night because he wanted to see the Tooth Fairy.
- c) Tooth Fairies sprinkle the magical fairy dust over children's eyes so that they forget having seen the Tooth Fairy.
- d) Tooth Fairies take children's teeth to Fairyland.
- e) The smiles of children make their teeth magical. Every time the children smile, a little magic is stored in their teeth. The teeth keep becoming more magical with every smile.

6. Greed Never Pays

Textual Question Answers

A-SHORT ANSWER QUESTIONS

1-What was the name of monkey? Where did he live?

Answer:-The monkey's name was Chimpoo. He lived in a dense forest.

2-What did Chimpoo see when he was playing and jumping on the branches of the trees?

Answer:-Chimpoo saw a hollow rock when he was playing on his own by jumping on the branches of the trees.

3-What did he do then?

Answer:-He jumped on top of the rock and put his hand inside the hollow portion of the rock.

4-What was it filled with?

Answer:-It was filled with grains.

5-Why was he not able to pull his hand out?

Answer:-It was because the hollow portion of the rock was very narrow.

6-Why didn't Chimpoo like the idea of Pinku?

Answer:-Chimpoo didn't like his idea. He thought that Pinku was trying to fool him.

7-Why was Chimpoo not ready to loosen his hand?

Answer:-He knew that if he would loosen his hand, the grains would fall.

8-How did Chimpoo feel after some time?

Answer:-After some time, Chimpoo's hand started going numb. He felt a sharp pain in his hand.

Exercise Question Answers

A. What Did I Learn? (page 58)

1. a) Chimpoo was not liked by anybody because he always thought of fooling others to get something from them. He was very greedy. He never shared fruits with anybody.

b) Chimpoo saw a hollow rock while jumping on the branches of the trees.

c) Chimpoo put his hand inside the hollow portion of the rock to know what lay in it.

d) Chimpoo couldn't pull his hand out of the rock because his hand was full of grains. He did not want to leave even a single grain.

e) When Chimpoo felt a sharp pain in his hand, he loosened his hand. Soon, his hand came out of the rock.

SST (Social Studies)

Chapter 1 – The Family I Live In

A. Answer the following in one word only.

1. What will a family with six members be called? (a big family)
2. What will a family with ten members be called? (joint family)
3. What will a family with a single parent be called? (single-parent family)
4. What will a family with four members be called? (small family)
5. What is the other name for a small family? (Nuclear family)
6. What is the name that all members of the family share called? (surname)
7. What are our mother and father collectively called? (parents)
8. What are our grandma and grandpa collectively called? (grandparents)
9. What are the relatives on our father's side of the family called? (paternal relatives)
10. What is the mother's father called? (maternal grandfather)

Chapter 2 – Food for All

C. Answer the following questions in one word.

1. where do we get chicken from? (animals)
2. People who follow a diet derived from animals are called _____ (non-vegetarians)
3. People who follow a plant-based diet are called _____ (vegetarians)
4. What does our body get from potatoes? (energy)
5. What are the food items that make our muscles and bones stronger called? (Body-building food)
6. Name one body-building food. (Rajma)

7. The foods that keep us protected from disease is called (protective food)
8. How many glasses of milk should we drink every day? (two)
9. What is a balanced diet? (A diet containing the right amount of food from all categories is called a balanced diet)
10. How does water help to throw waste material out of our body? (Water helps us throw waste material out of our body through urine and sweat)

D. ANSWER THE FOLLOWING QUESTIONS

1. Why do all living things need food?

Ans: All living things need food to survive.

2. What are the two sources that we obtain our food from?

Ans: We obtain our food from either plants or animals.

3. Name some food items we obtain from animals.

Ans: Some food items we obtain from animals are egg, chicken, honey, milk, fish, mutton, etc.

4. Name some foods we get from plants.

Ans: some foods we get from plants are fruits, vegetables, pulses, rice, wheat.

5. Name some cereals.

Ans: wheat, barley, rice, maize, and oats are together called cereals.

6. Name some spices.

Ans: cumin seeds, coriander, turmeric, cardamom, etc, are some spices.

7. Why are spices added to the food?

Ans: spices are added to the food to enhance its taste and they also have medicinal value.

8. What is Energy Giving Food?

Ans: Energy is required by us to study, work, play and do the many activities we do and the food that gives us energy is called energy giving food.

9. What is bodybuilding food?

Ans: This category of food helps us grow. It makes our muscles and bones stronger.

10. What is the benefit of drinking water?

Ans: water helps to throw out waste material from our body in the form of urine and sweat.

Chapter 3 – Clothes People Wear

A. Answer the following questions in one word.

1. What do people wear in places where it gets bitterly cold? (leather jackets)
2. What fabric do we wear in the summer season? (cotton)
3. What fabric do we wear in the winter season? (wool/silk)
4. What kind of fabric do we wear during Monsoon? (waterproof)
5. What is the special dress that we wear to our places of work called? (uniforms)
6. Which moth are silkworms babies of? (silk moth)
7. Which weather requires us to wear gumboots? (rainy season)
8. What do we always carry with us during the rainy season? (umbrella)
9. Name a fabric that is very smooth to touch. (silk)
10. Which fabric do we obtain from the fur of yak? (wool)

Chapter 4 – A House to Live In

A. Answer the following questions in one word only.

1. what is the person who makes the design of a building called? (an architect)
2. What is the design of a building called? (A blueprint)
3. Who lays bricks with cement? (A mason)
4. Who makes objects out of wood? (A carpenter)
5. Who paints the walls of our house? (A painter)
6. Who does the electrical wiring of our house? (An electrician)
7. Who fits the water pipes and taps in our house? (A plumber)
8. What is the system of pipes in a home called? (Drainage system)
9. What material is used for making doors? (wood)
10. What are the building blocks of a wall? (bricks)

B. Answer the following questions.

1. What is a floor?

Ans: A floor is the lowermost surface of the house on which the house is supported.

2. What is a roof?

Ans: the roof is the structure that forms the upper covering of the house.

3. What is a door?

Ans: A door is placed at the entrance of a house or a room.

4. What do we ask if we want to enter someone's room?

Ans: we should always knock before entering someone's room and ask, "may I come in?"

5. What is a windowpane?

Ans: The metal or wooden framework with a sheet of glass fitted in it is called a windowpane.

6. What is a wall?

Ans: Wall is a tall and straight, vertical structure that divides the house into many rooms.

7. What is a blueprint?

Ans: The design of a building made by an architect is called a blueprint.

8. What does a mason do?

Ans: A mason lays the bricks with cement to form the structure of the house. He makes the walls, roof, and floor.

9. What does a carpenter do?

Ans: A carpenter makes objects out of wood like doors, windows, cupboard, shelves, etc.

10. What is a drainage system?

Ans: The plumber takes care that freshwater reaches our kitchen and bathroom and that the dirty water reaches the drain. This arrangement of pipes is called the drainage system.

Chapter 5 – Our Neighbourhood

A. Answer the following in one word only.

1. What is the place that surrounds our house called? (Neighbourhood)
2. What are the people staying in the same locality as we called? (neighbours)
3. Where do we find several shops selling items that we need? (A market)
4. Where do we buy pencils, erasers, and charts from? (Stationer shop)
5. Where do we buy fruits and vegetables from? (greengrocer's shop)
6. Where do we buy slices of bread and cakes from? (A bakery)
7. Where do we buy medicines from? (A pharmacy)

8. Where do we buy supplies such as soaps, pulses, and eggs from?
(grocery shop)
9. What is the place where all items of everyday need are available at one place called? (A supermarket)
10. Where do we go when we fall sick? (A hospital)

Chapter 6 – Being at School

A. Answer the following in one word.

1. Where do we study different subjects? (A classroom)
2. Which room in the school has many books? (a library)
3. Who takes care of the library? (a librarian)
4. Which is the place that children love the most? (A playground)
5. On which day are various sorts of events held in a school? (A sports day)
6. When is teacher's day celebrated? (5th of September)
7. When is children's day celebrated? (14th November)
8. Whose birthday is celebrated on the 5th of September? (Dr. Sarvapalli Radhakrishnan)
9. Whose birthday is celebrated on the 14th of November? (Pandit Jawaharlal Nehru)
10. What is Pandit Jawaharlal Nehru fondly remembered as? (Chacha Nehru)

B. Answer the following questions.

1. What is a library?

Ans: A library is a room where many books are kept. A librarian takes care of the library.

2. What is a playground?

Ans: A playground is a place where we learn different games and learn new exercises.

3. What is an annual day?

Ans: Every year the school celebrates the annual day where children get to take part in many activities like singing, dancing, and dramatics.

4. Who are the important people who attend the Annual day?

Ans: the principal and a chief guest come to attend the Annual function.

5. What is a Sports day?

Ans: A day when we take part in various races and sports events in the school is called a Sports Day.

6. Who was Dr. Sarvapalli Radhakrishnan? What do we celebrate in his honour?

Ans: Dr. Sarvapalli Radhakrishnan is a former president of India. We celebrate Teacher's Day in his honour every year.

7. When is children's day celebrated and in whose memory?

Ans: Children's Day is celebrated every year on the 14th of November for it is the birth anniversary of India's former Prime Minister Pandit Jawaharlal Nehru.

8. What helps us discover our talents?

Ans: We should take part in activities and events organised at our school for it helps us boost our confidence and discover our talents.

9. What is a school?

Ans: A school is a place where we go to study, learn new things, and make new friends.

Chapter7 – Places of Worship

A. Answer the following questions in one word only.

1. The priest at a gurudwara sings compositions and hymns from the holy books what are they called? (Gurbani)
2. Whom do the Christians worship? (Jesus Christ)
3. Where do Christians go to offer prayers? (Church)
4. What do the Christians go to the Church every Sunday to attend? (Mass)
5. What is the holy book of Christians called? (Bible)
6. Where do the Hindus go to pray? (Temple)
7. What are the holy books of Hindus called? (Bhagavad Gita)
8. According to Hindu mythology who is the Preserver? (Vishnu)
9. According to Hindu mythology who is the destroyer of this universe? (Shiva)
10. Where do the Muslims go to pray? (Mosque)

Chapter 1: Plants around Us

C. Short answers type questions:

1. What are the different kinds of plants, based on size and type of stems?

Ans- Based on size and type of stems, plants are of different kinds, namely, herbs, shrubs, trees, climbers and creepers.

2. What is the difference between herbs and shrubs?

Ans- While both are smaller plants, shrubs have woody stems while herbs have soft stems.

3. Give examples of herbs, shrubs and trees.

Ans- Examples of herbs, shrubs and trees are as follows:

Herbs- mint, tulsi

Shrubs- cotton, rose

Trees- neem, banyan

4. Differentiate between climbers and creepers, with examples.

Ans- While both types of plants have weak stems, climbers are those that cannot stand or grow straight and need the support of other plants, sticks or a wall and creepers are plants that grow along the ground. Examples of climbers are money plant and beans and examples of creepers are bottle gourd and pumpkin.

5. What are thorny plants? Give examples.

Ans- Plants that have thorns are called thorny plants. Examples are cactus and rose.

6. Can plants grow in water? If yes, what are such plants called?

Ans- Yes, some plants grow in water and are called aquatic plants. Examples are lotus and hydrilla.

7. How long do banyan trees live for? Where can one find the oldest banyan tree in India?

Ans- Banyan trees live for hundreds of years. The oldest banyan tree in India can be found in the Botanical Garden of Kolkata.

8. What is a trunk?

Ans- The hard, woody stems of tall and big trees are called trunks.

9. What kind of plants offer us shade?

Ans- Tall and big plants, called trees, branch out and offer us shade.

10. What kinds of plants are seasonal?

Ans- Herbs are seasonal plants and live only for a few months.

Chapter 2: Plants Are Useful For Us

C. Short answers type questions:

1. Which parts of a plant do we eat?

Ans- We eat the leaves, stems, roots, fruits and seeds of a plant.

2. What are the various products that can be made using plants?

Ans- Plants are used to make medicines, furniture, perfumes, garlands and bouquets,

paper, rubber, clothes, bags, oil and spices, among other things.

3. What is a spice? Name a few spices that can be made using plants.

Ans- A spice is a dried fruits, root, seed or bark of some plants, which is used to add flavour to food. A few examples are cardamom, pepper, coriander, turmeric and cinnamon.

4. What is chocolate made from?

Ans- Cocoa beans are crushed to make chocolate.

5. Name a few plant seeds that are edible.

Ans- Peas, grams and groundnuts are examples of edible plant seeds.

6. Which vegetables are roots, stems or leaves of plants?

Ans- Turnips and carrots are roots, potatoes and sugarcane are stems and cabbage and lettuce are leaves of some plants that are eaten as vegetables.

7. From which plant is gum obtained?

Ans- Gum is obtained from the juice of the acacia or keekar tree.

8. Name two plants that give us drink.

Ans- Coffee and tea plants give us tea and coffee.

9. Name two plants that give us food grains.

Ans- Two plants that give us food grains are maize and wheat.

Chapter 3: Wild Animals

C. Short answers type questions:

1. What are wild animals?

Ans- Animals that live in the forests are called wild animals.

2. Why are pandas and tigers endangered animals?

Ans- Some animals like pandas and tigers may soon no longer be found on the earth due to a risk posed to their existence due to the continuous destruction of forests. Hence they are called endangered animals.

3. Give two examples each of animals that live on land and in water.

Ans- Lions and deer live on land and frogs and fish live in water.

4. Name two animals that can live both on land and in water.

Ans- Crocodiles and hippopotamuses can live both on land and in water.

5. Which kind of animals help keep the jungle clean?

Ans- Animals like jackals, hyenas and vultures, which eat the flesh of dead animals, help keep the jungle clean by doing so.

6. Name two animals that swallow their prey (other animals) without tearing or chewing or tearing the flesh.

Ans- Frogs and snakes swallow their prey without tearing or chewing their flesh.

7. Which animals eat both plants and animals?

Ans- Animals like bears, crows and rats eat both plants and animals.

8. Which animals dig holes in the ground to live in and why?

Ans- Animals like snakes, rats and rabbits dig holes in the ground to live in. These holes protect them from enemies.

9. Give a few examples of small wild animals.

Ans- Fox, hyena, mongoose and deer are examples of small wild animals.

10. Where do tigers and lions live?

Ans- Tigers and lions live in dens in forests.

Chapter 4: How Animals Help Us

C. Short answers type questions:

1. What are domestic animals?

Ans- Animals that can be tamed and kept by humans on farms or in homes are called domestic animals.

2. What are pets? Give examples.

Ans- Animals that live with us in our homes are called pets. For example, dogs and cats.

3. What are some food products that we get from domestic animals?

Ans- We get milk from cows, buffaloes and goats and eggs from hens and ducks.

4. Which animals are called beasts of burden and why?

Ans- Animals like donkeys, horses and camels are called beasts of burden since they carry heavy loads for us and make our work easier.

5. Name an animal that is used for carrying heavy loads in the desert.

Ans- In the desert, camels are used for carrying heavy loads.

6. From which animals do we get wool?

Ans- Hair of animals like yaks and sheep is used to make wool.

6. How are silk clothes made?

Ans- Silk clothes are made from silk threads that we get from the cocoons of silkworms.

7. Which material is used to make shoes, bags and belts and where do we get it from?

Ans- Leather is used to make shoes, bags and belts and we get it from the skin of some animals like buffaloes, sheep, snakes and crocodiles.

8. Which animal is called the Ship of the Desert and why?

Ans- A camel is called the 'Ship of the Desert' because it can run very fast on the sand and can live without food and water for many days.

9. What are the houses made for dogs, hens, rabbits and horses called?

Ans- The house made for:

Dogs- kennel

Hens- coop

Rabbits- hutch

Horses- stable

Chapter 5: Body Movements

C. Short answers type questions:

1. What are bones and muscles?

Ans- The hard structure that gives a form to the body are the bones. While, soft tissues attached to the bones, which help in the movement of the body are called muscles.

2. What is a joint?

Ans- A joint is a place where two or more bones join or meet.

3. What covers bones and muscles in a body?

Ans- Bones and muscles are covered with skin.

4. What is the skeleton? How many bones are there in an adult human body?

Ans- The framework of bones that provides shape and support to the human body is called the skeleton. An adult human body has 206 bones.

5. What is the function of bones and muscles?

Ans- Bones and muscles work together and help us do different kinds of work. We are able to lift weights, swim and do other such activities with the help of our bones and muscles.

6. Which part of our body protects the brain and the heart?

Ans- The skull protects the brain and the ribcage protects the heart.

7. Which is the only bone in the skull that can move?

Ans- In the skull, the lower jaw is the only bone that can move.

8. What should we do in order to make our bones and muscles strong?

Ans- We should exercise and eat healthy food every day to make our muscles and bones strong.

9. What is the importance of correct posture?

Ans- Correct posture helps all the parts of our body to work properly and also to keep it in proper shape.

10. What is the correct posture while sitting, standing and walking?

Ans- We must keep our back straight while sitting or standing and must walk upright.

Chapter 6: Food

C. Short answers type questions:

1. What is a balanced diet?

Ans- A balanced diet is one which contains all types of food in proper amount.

2. Where do we get food from?

Ans- We get food from both plants and animals.

3. What are the functions of food?

Ans- The different functions of food are as follows:

- i) It gives us energy to work and play.
- ii) It helps us grow and keeps us healthy and strong.
- iii) It protects us from diseases.

4. Classify food into different types.

Ans- Foods can be classified into three main types: energy-giving food, body-building food and protective food.

5. Give examples of the three different types of foods.

Ans- Potato and rice are examples of energy-giving food, fruits and vegetables are protective food and milk, eggs and fish are body-building food.

6. Why are fruits and vegetables called protective foods?

Ans- Fruits and vegetables are called protective foods because they protect us from diseases and keep us healthy.

7. What are the three meals we take in a day?

Ans- The three meals we take in a day are breakfast, lunch and dinner.

8. Why should we drink milk every day?

Ans- We should drink milk every day as it makes bones and teeth strong.

9. Why should we not eat uncovered food?

Ans- We should not eat uncovered food items as they may contain dust, dirt and germs which may make us fall sick.

10. How many glasses of water should one drink every day?

Ans- One should drink 8 to 10 glasses of water each day.