

3. Plants give us food materials, oil, wood, paper, medicines, etc.
 4. Cereals are dried seeds of some plants. They are rich sources of carbohydrate.
 5. Milk contains all essential nutrients so it is called a complete food.
- F.
1. Vegetables are the different parts of the plants. They are rich sources of vitamins and minerals which keep us away from diseases.
 2. We get milk from cows, buffaloes; eggs from hens and meat from goat, chicken, fish, etc.
 3. Carbohydrates give us energy to do work. Fats give us energy and heat.

4.

Vitamins	Sources
Vitamin A	carrot, beet root
Vitamin B	egg, potato
Vitamin C	orange, lemon, amla
Vitamin D	fish, egg, milk
Vitamin E	corn, groundnut
Vitamin K	tomato, cabbage

5. Roughage help to get rid off constipation. Water helps in digestion of food.

Hot Question

Fruits have fibers that help us to clean stomach and intestine. They also help us to get rid off constipation. So to eat fruits is much better than drinking juice.

E.V.S
class-4

Clothes

- 7
- A.
 1. Cotton balls are collected from cotton plants and dried in sunlight.
 2. Collection of fibers, spinning, weaving, dyeing and printing are the various stages of making clothes.
 - B. 1. (a); 2. (c); 3. (a); 4. (c); 5. (c)
 - C. 1. False; 2. True; 3. False; 4. True; 5. True
 - D. 1. natural; 2. cotton; 3. synthetic; 4. cocoon; 5. sheep
 - E.
 1. We wear woollen clothes in winter.
 2. We use umbrella or raincoat in rain.
 3. Jute is grown in warm countries.
 4. Powerloom is machine of weaving clothes it is run on electricity.
 5. We should iron clothes to remove the wrinkles.
 - F.
 1. We need clothes to protect ourselves from heat, cold, dust, germs and insects.
 2. Cotton, jute, silk, wool etc. are main raw materials for making clothes.
 3. Silk thread is separated from silkworm then cloth is woven from silk thread.
 4. Fibers that are made from chemicals and petroleum, are called synthetic fibers. Nylon and Polyester are synthetic fibers.
 5. Spinning is the process of making thread from fibers.