

Name :

Class :

Section :

Roll No.

Summative Assessment

I. Answer the following questions.

(10 x 3 = 30)

1. Name some methods of cooking food.
2. Why is preservation of food necessary ?
3. Name any three sources of water.
4. How does water get contaminated ?
5. What is meant by dehydration ?
6. What are symptoms of diarrhoea ?
7. Write three uses of solids.
8. What is vaporisation ?
9. What are inflammable materials ?
10. What are opaque materials ? Give examples.

II. Answer any ONE of the following.

(1 x 8 = 8)

1. How can we increase the nutritive value of our food ?
2. What is recycling of waste material ?

III. Answer any ONE of the following.

(1 x 8 = 8)

1. What are the methods of removing insoluble impurities ?
2. State the differences between liquids and gases.

IV. Answer any ONE of the following.

(1 x 8 = 8)

1. What are called properties of matter ?
2. What are good conductors of heat ? Give examples.

V. Answer any ONE of the following.

(1 x 6 = 6)

1. Draw the figure of experimental filter.
2. Draw the figures to show that cardboard is opaque and glass is transparent.

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Formative Assessment

I. Choose the correct answer.

(10 x 1 = 10)

1. Which method is preferable for ideal cooking ? ()
a) roasting b) frying c) steaming
2. Overcooking of food results in ()
a) Increasing the food value
b) Increasing in taste
c) Loss of nutrients
3. The disease causing germs can be killed by ()
a) filtration b) decantation c) boiling
4. Skin excretes water in this form. ()
a) Pure water b) Sweat c) Urine
5. Oral Rehydration solution consists of salt and sugar in the ratio of ()
a) 1 : 3 b) 1 : 8 c) 8 : 1
6. Loss of water and salts from the body is called ()
a) rehydration b) dehydration c) composting
7. The gaseous form of water is ()
a) Ice b) Snow c) Steam
8. When steam condenses to form water, the change of state is called ()
a) vaporisation b) solidification c) condensation
9. Which one of the following is a good conductor of heat ? ()
a) copper b) wood c) bakelite
10. Which one of the following is inflammable ? ()
a) stone b) cement c) cooking gas

II. Fill in the blanks.

(10 x 1 = 10)

1. Fats give energy than carbohydrates.
2. Eggs and meat are rich in
3. We should drink water.
4. is the best method of purifying water.
5. The patient suffering from diarrhoea should be given solution.
6. Mosquitoes spread in water.
7. When ice is heated, it changes into
8. Gases spread more quickly than
9. do not have fixed volume.
10. Metals are good of heat.

III. Write “True” or “False”.

(10 x 1 = 10)

1. Liquids have a definite shape. ()
2. Ice melts to give water. ()
3. A child suffering from diarrhoea becomes weak. ()
4. ORS means Oral Rehydration Solution. ()
5. Well water is safe for drinking. ()
6. Water is very valuable. ()
7. Cardboard is an opaque material. ()
8. Vitamins protect us from diseases. ()
9. Spoiled food causes diseases. ()
10. Over cooking improves the quality of food. ()

IV. Match the following.

(2 x 5 = 10)

Group – A

- | | | |
|-----------------|-----|---|
| 1. Fermentation | () | a) Protective foods |
| 2. Maize cobs | () | b) Made by baking |
| 3. Vitamins | () | c) Stored by adding sugar and preservatives |
| 4. Cakes | () | d) Increases nutritive value |
| 5. Fruit juices | () | e) Roasting |

Group – B

- | | | |
|-------------------------|-----|----------------|
| 1. Hard material | () | a) silver |
| 2. Malleable material | () | b) rubber ball |
| 3. Inflammable material | () | c) brick |
| 4. Soft material | () | d) paper |
| 5. Opaque material | () | e) petrol |

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