

Answers

Theme 5: What Is a Solar System? Chapter – 6: Our Scientists

Main Coursebook

Re-KAP

Kinaesthetic: Accept all relevant answers.

Pictorial

1. Aloe vera
2. Cactus
3. Rose
4. Mint

Interacting better: Accept all relevant answers.

Understanding better (Page 46)

Dr Vikram Sarabhai

Learning better:

- A. 1. c 2. b 3. a 4. c 5. c
- B. 1. 30 November 1858
2. epilepsy
3. father of the Indian Space Research
4. Har Gobind Khorana
5. 15 October 1931
- C. 1. Prafulla Chandra Ray is known as the Father of Indian Chemistry. He founded India's first chemical factory.
2. Asima Chatterjee is known for her work in studying plants. She successfully developed many medicines from plants.
3. Dr APJ Abdul Kalam served as the President of India from 2002 to 2007. He is also known as the 'Missile Man of India' as he successfully headed a programme that produced several missiles for our defence forces.
- D. 1. Sir Jagadish Chandra Bose was a scientist in the field of plants. He was the first person to prove that, like animals and humans, plants can feel things too.
2. Dr Vikram Ambalal Sarabhai is the founder of the Indian Space Research Organisation (ISRO). He founded ISRO in 1969. He is globally known as the 'Father of the Indian Space Programme'. He also set up India's first rocket-launching station at Thumba near Thiruvananthapuram.

Creating better: Accept all relevant responses.

Thinking better :

If India did not have so many great scientists, it would have been harder for the country to grow as fast. For example, scientists have helped India in making important medicines, build rockets to send satellites into space and

create technology that helps people in their daily lives. Without these scientists, we might not have all the things that make our lives better today.

Choosing better

1. Help your classmate fix the statue.

Students' Worksheets

Worksheet 1

- A. 1. Sir J C Bose
2. Asima Chatterjee
3. Har Gobind Khorana
4. Prafulla Chandra Ray
5. Dr Vikram Sarabhai
- B. 1. Chemistry 2. Chemistry
3. Botany and Physics
4. Physics
5. Medicine and Chemistry
- C. 1. C 2. I 3. I 4. I 5. C

Worksheet 2

- A. 1. missiles 2. chemical 3. Thumba
4. medicine 5. astronomer
- B. 1. 30 November 1858
2. 12 August 1919
3. 15 October 1931
4. 21 September 1917
5. 2 August 1861
- C. 1. →d 2. →e 3. →a
4. →c 5. →b

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Developing better

- A. **English:**
1. He; Dr Vikram Sarabhai
2. She; Asima Chatterjee
- B. **Maths:**
The cost of one toy rocket is ₹10.
- C. **Social Studies:**
Ferdinand Magellan, is the explorer who discovered a passage between the Atlantic and the Pacific Oceans.

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Making better

Accept all relevant responses.

Answers

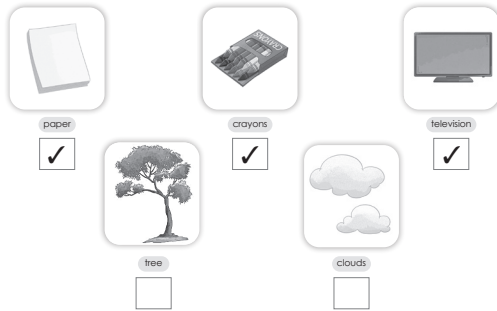
Theme 5: What Is a Solar System? Chapter – 7: Yoga and Ayurveda

Main Coursebook

Re-KAP

Kinaesthetic: Accept all relevant responses.

Pictorial:



Interacting better: Accept all relevant responses.

Understanding better (Page 52)

1. Charaka Samhita
2. Charaka and Sushruta

Learning better:

- A. 1. c 2. b 3. a 4. b 5. c
- B. 1. body
2. prevention of diseases
3. 5,000
4. Spinning
5. spin
- C. 1. Yoga strengthens our body. Yoga also relaxes our mind.
2. We should practice yoga regularly to keep ourselves healthy and fit.
3. Ayurveda focuses on prevention of diseases by maintaining a healthy lifestyle. It can be practiced by sleeping and waking up early. Also, by eating fresh and healthy food.
(Accept all relevant responses)
- D. 1. Yoga is one of the most accepted forms of exercise around the world. Yoga originated in India around 5,000 years ago. Various Indian sages wrote different 'sutras' (ancient Indian books) on yoga. These sutras were later developed by other practitioners of yoga and taken to all corners of the world.
2. Charkha or the spinning wheel, invented around 500 AD, is another scientific invention of ancient India. The spinning wheel was used to spin animal or plant fibres, such as wool or cotton, into thread or yarn.

Creating better:

Accept all relevant responses.

Thinking better:

Yoga is a kind of exercise that focuses on stretching, breathing and holding different poses. It helps make your muscles stronger and your mind feel calm and peaceful. Sports, on the other hand, are activities where you usually play games like soccer, basketball or swimming. Sports often involve running, jumping and working as a team. Sports help you stay active, improve your strength and make you feel excited and happy with friends. (Accept all relevant responses)

Choosing better

1. exercise regularly

Students' Worksheets

Worksheet 1

- A. 1. False 2. True 3. False
4. True 5. False
- B. 1. Sushruta 2. 6,000 3. clothes
4. Charkha 5. Mahatma Gandhi
- C. 1. d 2. e 3. b 4. c 5. a

Worksheet 2

- A. 1. several 2. written 3. home
4. Yoga 5. fibres
- B. 1. sick 2. fresh 3. Herbs
4. most 5. spinning
- C. 2, 3, 5

Worksheet 3

- A. 3, 5
- B. 1. No 2. Yes 3. No
4. No 5. Yes
- C. 1, 2, 3

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Developing better

A. English:

1. unique
2. Due

B. Maths:

The man practises yoga for 20 minutes daily.

C. Social Studies

Vasco da Gama was the first to reach the Cape of Good Hope in South Africa.

Book of Project Ideas

Making better

Accept all relevant responses.