

Answers

Theme 1: How Do We Live? Lesson-1: About Food and Digestion

Main Coursebook

ReKAP

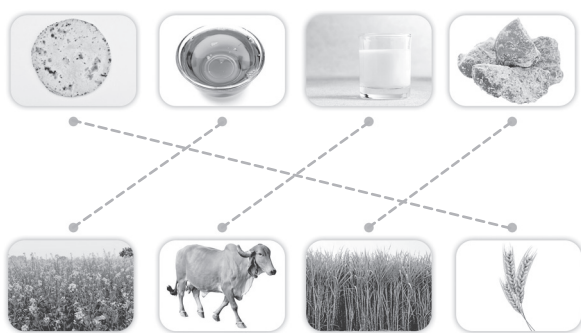
Kinaesthetic:

Accept all relevant responses.

Auditory:

1. Vitamin C helps us fight off colds.
2. Vitamin D from sunlight helps us make our bones strong.

Pictorial:



Interacting better: Accept all relevant responses.

Understanding better (Page 9)

1. Stomach
2. Baking

Learning better

- A. 1. a 2. c 3. c 4. b 5. c
 B. 1. False 2. True 3. True 4. False 5. False
 C. 1. Sugar and starch
 2. Cookies
 3. Roasting and frying
 D. 1. Digestion is the process of converting the food we eat into simpler form so that it can be used by our body. The human digestive system is made up of the mouth, food pipe, stomach, liver, pancreas, large intestine, small intestine, rectum and anus.
 2. In order to save food from spoiling, we preserve it. There are different methods used for food preservation.
- **Refrigeration** : Most food items are stored in a refrigerator at low temperature to prevent them from spoiling.
 - **Boiling** : Some food items are boiled at high temperatures to kill germs. For example, milk is boiled to save it from getting spoilt.
 - **Salting and sweetening**: Germs cannot grow into too

much salt or sugar. Thus, some food items are treated with salt or kept in sugar solution. For example, fish, meat and pickles are preserved through salting.

• Dehydration/air tight containers :

Storing food items in airtight containers or removing water completely from certain food items helps preserve them.

- **Adding preservatives** : Sometimes, artificial preservatives are added to food items to prevent them from getting spoilt. Jams and ketchup contain preservatives.

Creating better:

Accept all relevant responses.

Thinking better:

Fat-rich foods do provide more energy than carbohydrate-rich foods, but there are important reasons why we are told not to eat too much of them:

1. **Too much fat can be bad for your health:** If you eat a lot of fat, especially unhealthy fats, it can lead to heart disease, high blood pressure and weight gain.
2. **Fats are easy to store as body fat:** When we eat more fat than our body needs for energy, it gets stored as extra fat in our body, which can lead to being overweight or obese.
3. **Healthy fats are okay in small amounts:** Not all fats are bad. Healthy fats, like those in nuts, fish and avocados, are good for our body, but we still need to eat them in the right amounts.

Choosing better:

2. Distribute the extra food among house help, security guards and other community helpers.

Students' Worksheets

Worksheet 1

- A. 1. Carbohydrates 2. Proteins
 3. Vitamins 4. Minerals
 5. Roughage
 B. 1. False 2. True 3. True 4. True 5. False
 C. 1. → a 2. → c 3. → d 4. → e 5. → b

Worksheet 2

- A. 1. MOUTH 2. FOOD PIPE 3. STOMACH
 4. LARGE INTESTINE 5. SALIVA
 B. 1. Digestion 2. stomach
 3. small intestine 4. blood vessels
 5. anus
 C. 1. True 2. False 3. False 4. False 5. True

Worksheet 3

- A. 1. Digestion is the process of converting the food we eat into simpler form so that it can be used by our body.
2. Baking is a method in which dry heat is used to cook food in an oven. For example, we can bake cakes and cookies.
3. Roasting is a method in which food is cooked on a hot tawa or directly over fire. For example, we roast vegetables, cottage cheese, nuts, etc.
4. Frying is a method in which the food is cooked in oil or ghee. For example, puri, fritters, etc are fried.
5. Boiling is the method in which food is cooked by boiling in water. For example, rice, potatoes, dals, etc. are boiled.
- B. 1. baking 2. roasting 3. steaming
4. frying 5. boiling
- C. 2.

Book of Holistic Teaching

Developing better

A. English:

Digestion

Dehydration

Congestion

B. Maths: ₹470

C. Social Studies: No

Book of Project Ideas

Making better

Accept all relevant responses.

Answers

Theme 1: How Do We Live? Lesson-2: About Tongue and Teeth

Main Coursebook

ReKAP

Kinaesthetic: Accept all relevant responses.

Auditory:

The teeth chew the food into small pieces, making it easier to swallow.

Pictorial



Interacting better: Accept all relevant responses.

Understanding better (Page 15)

1. True
2. False

Understanding better (Page 16)

1. Different kinds of teeth in our mouth are incisors, canines, premolars and molars.
2. There are 12 molars present in an adult.

Learning better

- A. 1. c 2. b 3. a 4. c 5. b
- B. 1. calcium 2. three 3. Premolars
4. twice 5. dental floss
- C. 1. The different taste buds located on the tip of tongue are bitter, sour, salty and sweet.
2. Incisors
3. When we do not take proper care of our teeth, it results in tooth decay. Tooth decay can result in pain, bad breath, bleeding gums and indigestion.
- D. 1. There are four different types of teeth. These are incisors, canines, premolars and molars. The function of each type of teeth are as follows.

- Incisors:** Incisors are present at the front of the lower and upper jaws. Incisors are used for biting and cutting food.
- Canines:** Canines are present on either side of the incisors, on each jaw. They help in tearing and gripping our food.
- Premolars:** Two premolars are present next to each canine tooth. Premolars help in crushing the food and act like nutcrackers.
- Molars:** There are twelve molars in total. These are the last teeth present in the jaws. They help in crushing and grinding food most effectively.

- We should care for our teeth as mentioned below.
 - We should brush our teeth twice a day (morning and before bedtime).
 - We should use a dental floss if food is stuck between our teeth.
 - We should include food items rich in calcium and vitamin C in our diet.
 - We should visit a dentist regularly.

Creating better: Accept all relevant responses.

Thinking better:

People have different tastes because everyone's body and brain are unique. Your friend might enjoy certain foods that you don't because their taste buds might be more sensitive or they might have grown up eating those foods, which makes them like them more. Some foods have flavors or textures that are more appealing to certain people. For example, one person might love spicy foods while another might find them too hot or uncomfortable.

Choosing better:

1. He should consult the dentist.

Students' Worksheets

Worksheet 1

- A. 1. Tongue 2. four 3. Teeth
4. two 5. three
- B. 1. False 2. True 3. False 4. True 5. False
- C. 1. → e 2. → d 3. → a 4. → b 5. → c

Worksheet 2

- A. 1. TONGUE 2. TEETH
3. TEMPORARY SET 4. PERMANENT SET
5. CEMENTUM

- B. 1. Tongue 2. sweet 3. salty
4. bitter 5. sour
C. 1. False 2. True 3. False 4. True 5. True

Worksheet 3

- A. 1. two 2. three 3. four
4. pain 5. dental floss
B. 1. → b 2. → a 3. → d 4. → e 5. → c
C. 1. True 2. False 3. True 4. False 5. True

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Developing better

A. English

1. "I have 12 teeth in my upper jaw and 14 teeth in my lower jaw."

2. "Brush your teeth twice a day to prevent tooth decay."

B. **Maths:** 42 times

C. **Social Studies:** Chinese

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Making better

Accept all relevant responses.