

19/8/2020

chandra's
B.T. Pg.

5. Tick (✓) the statements that are correct

a) By eating rice alone we can fulfill nutritional requirement of our body. (X)

b) Deficiency diseases can be prevented by eating balanced diet (✓)

c. Balanced diet for the body should contain a variety of food items (✓)

d) Meat alone is sufficient to provide all nutrients to the body (X)

6. Fill in the blanks.

a) Rickets is caused by deficiency of Vitamin D

b) Deficiency of Vitamin B causes a disease known as beri beri

c) Deficiency of Vitamin C causes a disease known as scurvy

d) Night blindness is caused due to the deficiency of Vitamin A in our food.

3. Fibre to Fabric

1. Classify the following fibres as natural or synthetic:
 nylon, wool, cotton, silk
 polyester, jute

Ans

<u>Natural</u>	<u>Synthetic</u>
Wool	Nylon
cotton	Polyester.
Silk	
Jute	

2. State whether the following statements are true or false.

a) Yarn is made from fibres.

Ans True.

b) Spinning is a process of making fibres.

Ans False.

c) Jute is the outer covering of coconut.

Ans False.

d) The process of removing seed from cotton is called ginning.

Ans True.

e) Weaving of yarn makes a piece of fabric.

Ans True.

f. Silk fibre is obtained from the stem of a plant

Ans False.

g) Polyester is a natural fibre.

Ans False.

3. Fill in the blanks.

a) Plant fibres are obtained from cotton and jute

b) Animals fibres are wool and silk