

CHAPTER 1, JOY OF LAUGHTER

1. Option D, recall a funny memory
2. Option B, encourages others to be happy
3. Option D, improving our immunity
4. Option C, spreads happiness

CHAPTER 2, OFFLINE FRIENDS Vs ONLINE FRIENDS

1. **Write the ways you can practise the following in your life.**
 - a. **Prioritise Offline Interactions:** Spend more time with friends and family in person, like playing outdoor games, studying together, or going for walks.
 - b. **Maintain Healthy Online Habits:** Limit screen time, avoid chatting late at night, and only talk to people you know in real life.
 - c. **Stay Safe Online:** Never share personal information like your address, phone number, or passwords. Be careful with strangers online.
2. **Discussion: How does being with friends in person help build trust and empathy?**

Being with friends in person helps build trust and empathy because you can see their feelings, understand their emotions better, and support them immediately when they need help.
3. **Reflect and Write**

How do offline friendships help develop communication, trust, and teamwork?
Offline friendships help us talk and listen to each other directly, which improves communication. They build trust because we can help each other in real life. Playing or working together also teaches teamwork and cooperation.

Picture Study

4. ✓ Playing soccer with friends in the park – It shows teamwork, physical activity, and face-to-face bonding.
5. ✗ Video chatting with a friend on a computer – This is online friendship, not offline.
6. ✓ Studying together with friends at the library – It shows cooperation, communication, and learning together in person.

CHAPTER - 3, Legacy of Mahatma Gandhi

1. It is the place where Indian laws are made.
Parliament House, New Delhi
2. His wax statue is in this world-famous museum.
Madame Tussauds Wax Museum, London
3. It is the place where he lived while practising law.
Constitution Hill, Johannesburg
4. It is the place where he carried out the Salt Satyagraha Movement.
National Salt Satyagraha Memorial, Dandi

CHAPTER 4, SUNLIGHT THERAPY

1. When exposed to the sun, our bodies produce a substance which helps us absorb calcium from food and maintain bone health.
Produces Vitamin D
2. When we are out in the sun, our body produces a hormone which makes us feel happier and more energetic.
Produces serotonin
3. Regulated amounts of sunlight reduce itching.
Helps cure skin problems
4. Regulated exposure to the sun improves blood circulation and controls blood pressure.
Strengthens the cardiovascular system
5. The sun helps warm our muscles which eases stiffness and reduces the pain caused by bone diseases.
Provides warmth
6. A life-threatening disease can be prevented by the regular and controlled exposure to the sun.
Helps in preventing cancer
7. Playing in the sun makes us sweat. This helps our body remove wastes through our skin.
Helps the excretory system

Self-Assessment

1. Sun rays improve liver functioning and are therefore effective in treating this disease.
(c) Jaundice
2. The sunlight therapy also helps us feel —
(b) Happy

CHAPTER 5, ANAEMIA AWARENESS

Symptoms of Anaemia

1. Fatigue
2. Increased heart rate
3. Shortness of breath
4. Headaches

Identify and write the names of any two foods that anaemic people should avoid:

1. Tea and coffee (they reduce iron absorption.)
2. Chocolates (low nutritional value, can interfere with iron absorption)

Self-Assessment

1. Understanding facts about anaemia can help you with grocery shopping as you can —
(b) plan meals with a variety of nutrients
2. Recognising symptoms of anaemia improves self-care as it —
(a) enables you to seek medical advice when needed

CHAPTER 6, BEST UNIVERSITIES OF THE WORLD

1. University of Oxford
2. Harvard University
3. Stanford University
4. University of Cambridge

Picture Study 1. University of Cambridge, 2. Harvard University, 3. Stanford University.

CHAPTER 7, Career Avenues

1. This profession involves protecting computers and networks from hackers.

Profession: Cyber Security

Course: M. Tech in Cyber Security

2. This profession involves studying the effects of drugs (medical) and other chemical substances on living organisms.

Profession: Pharmacology

Course: B. Sc. in Pharmacology

3. This profession involves studying a company's processes to help it run smoothly and efficiently.

Profession: Business Analytics

Course: MBA in Business Analytics

4. This profession involves the production, preservation, research and development of food products.

Profession: Food Technology

Course: B. Sc. in Food Technology

CHAPTER 8 , THE POWER OF POSITIVITY

1. Healthy lifestyle – ✓
2. Doing physical exercises – ✓
3. Increasing screen time – ✗
4. Being lazy all day – ✗
5. Talking to your loved ones – ✓
6. Shouting at others – ✗

CHAPTER 9, WORLD'S SUPERLATIVES

1. Icon of the seas
2. Susami Bay
3. Burj khalifa
4. Milau viaduct

SELF ASSESSMENT

1. a. Dream big
2. c. Creativity
3. d. Design unique and interesting structures.

CHAPTER 10, UNIQUE ANIMALS

1. Glass Frog
2. Sea dragon
3. Musk deer
4. Tarsier
5. Carpet shark

Picture Study

1. Emperor tamarin
2. Markhor goat
3. Booby

CHAPTER 11, OUTDOOR GAME, KABBADI

1. Toe touch
2. Scorpion kick
3. Ankle hold
4. Chain tackle

SELF ASSESSMENT

1. Fats
2. Open communication
3. Pradeep Narwal

CHAPTER 12, MARINE MORALS

1. Tongues of blue whales weigh as much as an elephant.
2. Blobfish collapse into a squishy mush when they are pulled out of the water.
3. The mantis shrimp punches so fast that it boils the water around its fist.
4. Some nudibranch retain their predator's poison and use it for their own defence.

1. Trust and respect us
2. Helps us stay focused
3. Using creative thinking

CHAPTER 13, SEATING ARRANGEMENT

1. Arya is between Bhavya and Dev → Answer: (a)
2. Answer: (d) Qasim and Waseem

CHAPTER 14, ECO FRIENDLY INVENTIONS

1. Solar bags
2. Biodegradable water bottles
3. Vertical gardens
4. Bamboo toothbrushes

Self-Assessment (Tick the correct answers):

1. (b) reducing the use of plastic bottles
2. (a) decompose naturally

CHAPTER 15, MONEY CANT BUY EVERYTHING

1. Good health
2. Family and friends
3. Time
4. Talent

Self-Assessment:

1. (b) Help people in need
2. (c) The most important things in life, such as friendship, do not require money