

I. Case study

For the sake of uniformity, scientists all over the world have accepted a set of standard units of measurement. Each metre (m) is divided into 100 equal divisions, called centimetre (cm). Each centimetre has ten equal divisions, called millimetre (mm). Thus, 1 m = 100 cm, 1 cm = 10 mm. For measuring large distances, metre is not a convenient unit. We define a larger unit of length. It is called kilometre (km). 1 km = 1000 m.

1. What is the system used for measurements now a days?

2. Arrange the following lengths in their increasing magnitude:

1 metre, 1 centimetre, 1 kilometre, 1 millimetre.

3. What is the need of standard unit for measurements?

2 .Case study

Foods containing fats and carbohydrates are also called 'energy giving foods'. Proteins are needed for the growth and repair of our body. Foods proteins are often called 'body building foods'. Vitamins help in protecting our body against diseases. Vitamins are of different kinds known by different names. Our body needs all types of vitamins in small quantities. Vitamin A keeps our skin and eyes healthy. Vitamin C helps body to fight against many diseases. Vitamin D helps

our body to use calcium for bones and teeth. Different tests are there to test nutrients.

Q1 Name all the components present in our food.

Q2 Which colour indicates the presence of proteins in the food items?

Q3 What are Roughages?

3. Answer the following questions:

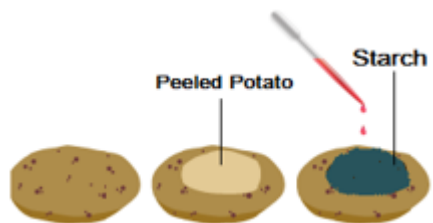
Q1 Seema was having difficulty watching things in dim light. The doctor tested his eyesight, and he prescribed a particular vitamin supplement. He advised him to include a few food items in his diet regularly.

(a) Which deficiency disease is he suffering from?

(b) Which component of food is he lacking in his diet?

(c) Suggest some (any four) food items that he should include in his diet.

Q2 Study the experiment given below & answer the question that follows.



a) Write the aim of the experiment.

b) Name any other food which can be used in this experiment.

c) What is the red color reagent you can see in the dropper?

d)Note your observation when the red color reagent is added to the peeled potato.

e)Comment on the inference that you can draw from this experiment.