



**Class: 4<sup>th</sup> Date: 13<sup>th</sup> June, 2020**

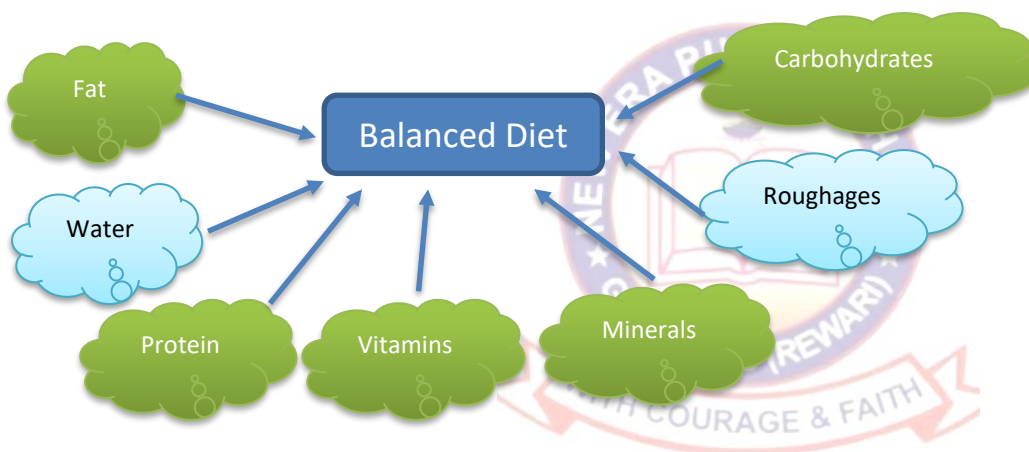
**Class-4<sup>th</sup> Subject-Science**

## Assessment work

### Chapter- 5 (Food and Digestion)

### Balanced diet and junk food

**Balanced diet-** A diet that contain all the nutrients in right proportion is called the balance diet.



**Junk food-** junk food comprises anything that is quick, convenient and fashionable.



Junk food

**Examples-**wafers, colas, pizzas and burgers.

Taking too much junk or fast food can increase our weight. Though junk food taste good but they do not provide essential nutrients. So, they are not healthy.

**Answer these questions.**

1. Wafers, pizzas and burgers are the examples of  
(a) protective food (b) body-building food (c) junk food (d) energy - giving food
2. What is a balanced diet?

3. What happens if you take too much junk food?

4. Are junk foods healthy?

**H.W.** - Try to find out answers of these questions. Watch video for explanation.

## Subject: English “Weavers”

Answer to the previous questions.

Revise the below Q-A in your F.N.B.

**Why did Junaid practice hard at the sport?**

**Ans. Junaid practiced hard at the sport in his search for excellence.**

**Did Junaid truly fight the old man? What did he do?**

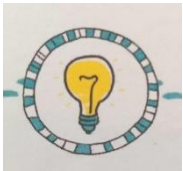
**Ans. No, Junaid did not truly fight the old man. He just pretended to fight powerfully and allowed the old man to win.**

**Today's Topic**

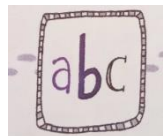
**Lesson- 3 (Junaid Baghdadi, the Wrestler)**

**Online test on Monday**

**To learn lesson- 3, Junaid Baghdadi, the Wrestler**



**A and B on Page on 17**



**A and B on Page on 18, 19**



**A on Page on 21**

**Class: 4<sup>th</sup> Subject: G.K. “Know and Grow with Derek”**

**Lesson -1  
(States and Union territories)**

## Today's. Topic

Write and learn the below states and capitals in FNB.

Sr. No.	State	Capital
1	Himachal Pradesh	Shimla
2	Uttarakhand	Dehradun
3	Punjab	Chandigarh
4	Haryana	Chandigarh
5	Rajasthan	Jaipur
6	Uttar Pradesh	Lucknow
7	Bihar	Patna
8	Jharkhand	Ranchi
9	West Bengal	Kolkata
10	Sikkim	Gangtok
11	Gujrat	Gandhinagar
12	Madhya Pradesh	Bhopal
13	Chhattisgarh	Raipur
14	Odisha	Bhubaneswar
15	Maharashtra	Mumbai
16	Goa	Panaji
17	Karnataka	Bengaluru
18	Telangana	Hyderabad
19	Andhra Pradesh	Amaravati
20	Tamil Nadu	Chennai
21	Kerala	Thiruvananthapuram

## Seven Sisters

Sr. No	State	Capital
22	Arunachal Pradesh	Itanagar
23	Assam	Dispur
25	Nagaland	Kohima
25	Manipur	Imphal
26	Mizoram	Aizawl
27	Tripura	Agartala
28	Meghalaya	Shillong

# INDIA

## States and Union Territories



## Class -4<sup>th</sup> Subject -Hindi

प्र०1-प्रस्तुत दोहों के रचयिता का नाम बताइए ।

उत्तर - संत कबीर जी।

प्र०.2- दोहे में किस पेड़ के समान बड़ा होने की बात कही गई है?

उत्तर - दोहे में खजूर पेड़ के समान बड़ा होने की बात कही गई है।

प्र०.3- कैसी वाणी बोलनी चाहिए?

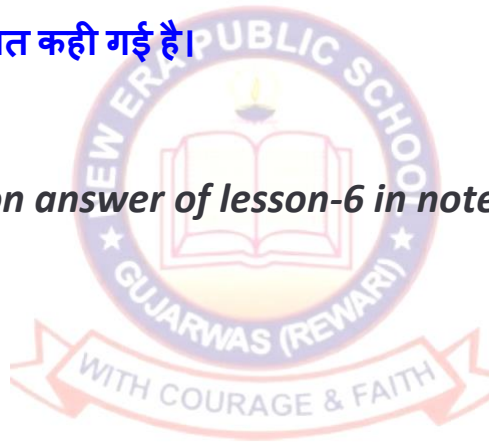
उत्तर - मीठी वाणी बोलनी चाहिए।

प्र०.-4 प्रेम के कितने अक्षर पढ़ने की बात कही गई है?

उत्तर - प्रेम के ढाई अक्षर पढ़ने की बात कही गई है।

*\*To write and learn question answer of lesson-6 in notebook.*

*\* एक सुलेख सरिता में लिखे।*



## Class: 4<sup>th</sup> Subject: Maths

**Multiplication and Division of Fractions**

**Multiplication of a Fraction**

**Multiplication of a fraction by a Whole number**

**Rule**

**Numerator of the fraction × Whole number**

**A fraction × a whole number = -----**

**Denominator of the fraction**

For example Multiply  $\frac{3}{4}$  by 5

$$\frac{3}{4} \times 5 = \frac{3 \times 5}{4} = \frac{15}{4} = 3 \frac{3}{4}$$

Multiplication of a Fraction by a Fraction

Product of their numerators

Rule Product of two fractions =  $\frac{\text{Product of their numerators}}{\text{Product of their denominators}}$

For example Multiply  $\frac{7}{10}$  by  $\frac{5}{21}$

$$\frac{7}{10} \times \frac{5}{21} = \frac{35}{210} = \frac{1}{6}$$

Q. 1 Multiply the following fractions in the note book.

(a)  $\frac{1}{3} \times 8$  (b)  $\frac{3}{5} \times 6$  (c)  $\frac{5}{8} \times 13$  (d)  $\frac{8}{21} \times 9$

(e)  $\frac{5}{6} \times \frac{9}{10}$  (f)  $\frac{3}{5} \times \frac{7}{10}$  (g)  $\frac{2}{7} \times \frac{7}{8}$  (h)  $\frac{3}{5} \times \frac{1}{6} \times \frac{2}{3}$

Class: 4<sup>th</sup> Subject- S.St.

## Chapter -2

### India: The Great Himalayas

Watch the video. Learn and write the following questions in notebook.

Answer the following questions:

Q. 1 Name the north-eastern hills of the Himalayan Mountains.

*Ans. Jaintia, Garo, Khasi, Naga, Mizo and Lushai are the north-eastern hills of the Himalayan Mountains.*

**Q. 2** Mention the major rivers of the Himalayan Mountains.

**Ans.** *Indus, Yamuna, Satluj, Ganga, Kosi and Brahmaputra are the major rivers of the Himalayan Mountains.*

**Q. 3** Name any five tourist places located in the Himalayas.

**Ans.** *Shimla, Mussoorie, Ranikhet, Nainital and Ooty are five tourist places located in the Himalayas.*

**Q. 4** Name the capitals of Jammu and Kashmir and Nagaland.

**Ans.** *The capitals of Jammu and Kashmir are Srinagar and Jammu & the capital of Nagaland is Kohima.*

**Q. 5** What does Meghalaya mean?

**Ans.** *Meghalaya means the abode of clouds.*

