



Class: 4<sup>th</sup> Date: 15<sup>th</sup> June, 2020

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

## Assessment Work

### Chapter-5 (Food and Digestion)

#### Cooking the food

Cooking makes the food tasty, soft and easy to digest. It also kills germs.

Different ways of cooking food boiling, frying, roasting, steaming and baking.



Roasting



Steaming



Boiling



Frying

#### Some tips while cooking

We should remember following tips to maintain the nutrients while cooking:

1. The water used for soaking pulses should not be thrown away. This may wash the nutrients.
2. Do not wash vegetables after cutting or peeling.
3. Do not overcook or deep fry food.
4. Do not use too much spices.

#### Answer the following questions.

1. Why do we cook food?

Ans- Cooking makes the food tasty, soft and easy to digest. It also kill germs.

2. Name some methods of cooking.

Ans- Boiling, frying, roasting, steaming and baking.

3. Write some ways to maintain nutrients in the food.

Ans- 1. Do not wash vegetables after cutting or peeling.

2. Do not overcook or deep fry food.

3. Do not use too much spices.

4. Why should we not wash the vegetable after cutting or peeling?

Ans- Washing after cutting or peeling may wash the nutrients.

**H.W.-** Learn and write these answers- questions in your notebook. Watch video for explanation.

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

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

**Today's Topic**

**Union Territories of India.**

- There are 8 Union Territories in India.

| Sr. No. | Union Territory                          | Capital                             |
|---------|--|-------------------------------------|
| 1       | Andaman and Nicobar Islands              | Port Blair                          |
| 2       | Chandigarh                               | Chandigarh                          |
| 3       | Dadra and Nagar Haveli and Daman and Diu | Daman                               |
| 4       | National Capital Territory of Delhi      | New Delhi                           |
| 5       | Jammu and Kashmir                        | Jammu (Winter)<br>Srinagar (Summer) |
| 6       | Lakshadweep                              | Kavaratti                           |
| 7       | Ladakh                                   | Leh                                 |
| 8       | Puducherry                               | Puducherry                          |

## Subject: English "Weavers"

### Today's Topic

# 4 A Christmas Saved!

## Lesson- 4

1. Make the activity.
2. Read the below headlines, understand the meaning and answer which ones would you like to read about?

Read these headlines. Which ones would people across the world like to read about?

Careless Driver Hits Man at Zebra Crossing

School Students Caught Defacing Monument

Firefighters Rescue Eight School Children

Auto Driver Gives Free Ride to One Poor Traveller Every Day

Businessman Distributes Free Meals to Poor Patients

Teenage Girl Helps Lost Child Find Parents

Check with your desk buddy. Have you both marked the same headlines?

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

प्र०-5 वाणी के विषय में कबीर ने क्या कहा है ?

उत्तर - वाणी के विषय में कबीर ने कहा है कि हमें हमेशा मीठी वाणी बोलनी चाहिए।

प्र0-6. कल का काम आज ही करने की सीख क्यों दी गई है?

उत्तर - कल का काम आज ही करने की सीख इसलिए दी गई है क्योंकि जो हम काम कल पर छोड़ देते हैं तो हमारा कल कभी नहीं आता क्या पता कल क्या हो इसलिए हमें अपना काम उसी समय कर लेना चाहिए कल पर नहीं छोड़ना चाहिए।

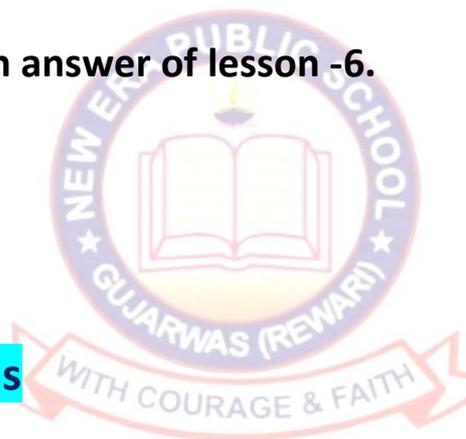
प्र0-7. मन का मनका कैसे फेरा जाता है ?

उत्तर - हमें अपने मन की हलचल को शांत करना होता है और अपने मन के भाव को बदलना होता है हमें अपना कार्य पूरे मन से करना चाहिए। अपने मन के मोतियों को फेरो या बदलो। अपने लक्ष्य की तरफ ध्यान दो

प्र0-8. दोहों से आपने क्या सीखा ?

उत्तर - दोहों से हमने सन्मार्ग पर चलना सीखा।

\*To Write and learn question answer of lesson -6.



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

**World Problems on Multiplication of Fractions**

For example  $\frac{3}{5} \times \frac{1}{2}$

The cost of 1 litre of milk is ₹ 26 --- what is the cost of 12--- litres of milk?

$\frac{3}{5} \times \frac{1}{2}$

**Solution** Cost of 1 litre of milk = ₹ 133/5

Cost of 25/2 litres of milk =  $133/5 \times 25/2$

=  $665/2 = ₹ 332.50$

**Q 1** Solve the following word problem sum in the note book

(a) 3  
The cost of one pencil is ₹ 4----- . What is the cost of 15 such pencils?

20

(b) 4  
A bag contains 47---- Kg of sugar. How much sugar do 20 such bags contain?

5

(c) 1 1  
A Kilogram of apples cost ₹ 6 ----. What is the cost of 3---- kg of apples?

4

5

(d) 1 1  
A metre of cloth costs ₹ 47----- . Find the cost of 2---- m of cloth.

2

5

(e) 4  
One litre of petrol costs ₹ 54 ----- . What is the cost 25 litres of petrol?

5

**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.

Q. 6 What is the significance of Northern mountains?

*Ans. The Northern mountains are significant in the following ways:*

- 1. They protect us from the very cold winds blowing from North.*
- 2. They cause heavy rainfall by checking the monsoons coming from South.*
- 3. They guard our northern borders.*
- 4. They provide water to our farms & shelter to various wildlife in the forests.*
- 5. They provide timber and herbs.*

**Q. 7 Give a short note about the people, who reached at the top of Mount Everest.**

*Ans. Edmund Hillary of New Zealand and Tenzing Norgay of India/Nepal are the first persons who reached at the top of Mount Everest in 1953. Bachendri Pal of India is the first Indian woman to reach there in 1984.*

**Q. 8 What do you know about the Himalayan Mountain Ranges?**

*Ans. The Himalayan mountain ranges lie in the North and North Eastern part of India. These mountain ranges extend from Jammu Kashmir in the north west to Arunachal Pradesh in the east. They are the highest mountain ranges. They have many peaks that remain covered with snow throughout the year. Many famous rivers originate from here.*

**Q. 9 How do the Himalayas protect us from the very cold winds?**

*Ans. The Himalayas act like a wall that is not easy to break and cross. So, it protects us from enemies and cold winds.*