

Q.1) Why are green plants called autotrophs?

Ans) The green plants synthesize their own food through the process of photosynthesis. Hence, they are called autotrophs.

Q.2) What is sprouting? Name any two types of seed which are used for making sprouts at our home.

Ans) Sprouting is a natural process by which seeds germinated into sprouts. E.g moong, black gram etc.

Q.3) What are various categories into which food from plants is divided?

Ans) The various categories into which food from plant is divided are as follow:

- a) Root as a food source.
- b) Stem as a food source
- c) Leaf as a food source
- d) Flower as a food source
- e) Fruit as a food source
- f) Seed as a food source
- g) Sugar as a food source

Q.4) Mention 4 functions of food.

Ans) The functions of food are as follow

- a) It makes the body healthy and keep it fit.
- b) Food gives protection against diseases.
- c) Food provides nutrients for proper growth and functioning of the body.
- d) It provides energy to carry out physical activity.

Q.5) What are Spices? Explain in detail.

Ans) Spices are a part of plant or a powder made from that plant that add flavour to any dish. Spices are usually used dried in but spices such as ginger are used in both their fresh and dried form.

India is the largest producer, consumer and exporter of spices. Spices have historical importance and were once the source of great power and

wealth. Spices play a vital role in Indian cuisine since long time. The role of spices is to enhance the taste and used as a flavouring, colouring and preservative agent. Rather than cooking, it is used for medicinal purposes, cosmetic, pharmaceutical, perfumery and many more. From 80 types of spices grown in the world, whereas 50 types are grown in India. Spices are also good source of vitamin B and c, iron, calcium and other antioxidant. The study explores the 7 spices that includes cumin, clove, coriander, cinnamon, turmeric and cardamom on the basis of culinary uses as well as medical uses.

Q.6) What are Cereals? Explain any three types of cereals.

Ans) Cereals belongs to the grain family. Wheat, rice, corn and many others. They are rich in carbohydrates. Cereals grains provide more food energy than any other types of crops. Cereals are source of dietary fiber, vitamin A, B6, B12, calcium, amino acid and other minerals.

- a) Wheat – Wheat is a worldwide staple food. Wheat aids in digestion and improves digestive system. It is rich in heart healthy nutrients. It helps in reducing risk of obesity. It is cultivated in all Asian countries.
- b) Rice – It is on the top of all cereals foods. It comes in many varieties. It provides energy to the body .It is rich in fiber. It is anti-inflammatory and good for health.
- c) Oats – They are highly nutritious and used as a breakfast cereals in more than half of the world. It is helpful in reducing weight and lowering blood sugar level.

Q.7) Differentiate between herbivores and carnivores.

Ans) Herbivores are the animals who eat plants or parts of plants. Examples are deer, sheep, etc. Since plants have cellulose that is hard to digest, they also have strong digestive systems and enzymes in their mouth that can break down cellulose easily. Some animals like cows have three chambers of the stomach for the better digestive system. They have sharp incisors for cutting the plant and blunt and flat canines since they do not need to use it much. They also have strong grinding teeth for grinding the intake.

Carnivores are the animals who hunt and kill other live prey for food. Example are lion, tiger, cheetah, etc. Since the meat or flesh of animals is not hard to digest, they do not require a strong digestive system or

enzymes in their mouth. But they do have long intestines, almost five to six times to their body size.

They have sharp and curved incisors for cutting the flesh. They also have sharp, long and pointed canines in the front for tearing the flesh away from the prey and strong grinding teeth at the back for completely breaking down the flesh.

