

1. Choose the correct answer.

1. Which of the following types of surfaces reflect light the best?

- a. Rough and dull surfaces
- b. Smooth and rough surfaces
- c. Smooth and dull surfaces
- d. Smooth and shiny surfaces

2. Why do the handles of our cooking utensils have hard and wooden handles?

- a. They are shiny
- b. They allow light to pass through them
- c. They don't allow heat to pass through them
- d. They are soft



3. Mass is the measure of the amount of _____ in an object.

- a. weight
- b. volume
- c. force
- d. matter

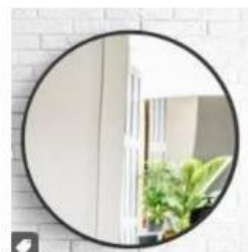
4. Since rusting is a chemical process, the process is _____ to reverse.

- a. easy
- b. difficult
- c. simple
- d. very easy



5. Which of the following is the physical property of a metal?

- a. Conducting heat
- b. Rusting of iron
- c. Burning of a paper
- d. Baking a cake



2. Fill in the blanks.

1. The process of is another name of combustion.
2. is the way light reflects, or bounces off, from an object.
3. is a characteristic that can only be observed when there is a change in the type of matter.
4. Metals react with air over time and cause it to rust or tarnish, this process is known as .
5. The amount of space an object takes up is known as its .
6. Solubility is the ability of a matter to in a liquid.

3. Write true or false for the following statements.

1. Volume is a measure of the amount of matter in an object .
2. Weight of the objects change with change in gravity .
3. Physical properties are identified when materials react to form other materials .

4. Materials have different properties.

Complete the following table about the physical properties of materials.

The first one is done for you.



Object	Does magnet stick to it?	Is it shiny?	What property does it have?
Acrylic rod	no	yes	reflectivity
Paper clip			
Rubber eraser			
Aluminium			
Copper wire			

5. a. Categorize the following objects into the appropriate columns in the table given below and answer the following questions.

plastic toy	glass window	paper cup	iron spring
steel pin	aluminium foil	iron nail	steel paper clip

magnetic	non-magnetic

b. Describe the difference between a magnet and magnetic material.

Magnet:

c. Magnetic material:

6. Answer the following questions.

1. What is the matter?

2. What is the difference between mass and weight?

3. How are physical and chemical properties different?

A. _____

4. Explain the process of combustion.

A. _____

5. An inflated balloon is compared with a small bag of marbles, half the size of the inflated balloon.



a. Which one has more volume? Explain your answer.

b. Which one has more mass? Explain your answer.

6. How can we use the properties of matter to identify materials?

UNIT-1: INVESTIGATE MATTER

MODULE: MATTER

LESSON-3: PHYSICAL AND CHEMICAL CHANGES

1. Choos the correct options.

1. Which of the following is an example of a physical change?

- | | |
|-------------------|-------------------------------|
| a. A rusting nail | c. Stretching an elastic band |
| b. Burning paper | d. Exploding fire works |

2. If the mass of a material was 10g, how many grams would remain after a physical change, or a chemical change happens?

- | | |
|--------|--------|
| a. 30g | c. 20g |
| b. 10g | d. 15g |

3. Which of the following is an example of a chemical change?

- a. Filling up a balloon with hot air
- b. Freezing water to make ice pops
- c. A plant collecting sunlight and turning it into food

d. Folding a paper to make paper boat.

4. In the given diagram, formation of gas represents which change?

- a. Physical change
- b. Physical property
- c. Chemical change
- d. Freezing



5. What is a physical change?

- a. A change in which the kind of matter changes
- b. A change in which the kind of matter stays the same
- c. A change that causes matter to burn

2. Circle the physical changes that take place in our daily life.

Souring of milk

cutting fruits

mixing sand with water

frying an egg

crushing a Pepsi can

Melting ice cube

3. Circle the image /images that shows chemical change.

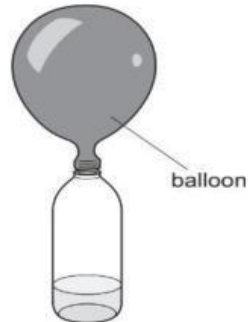


4. Jomy adds two substances to a plastic bottle.

She puts a balloon over the top of the plastic bottle.



After 5 minutes she looked at the plastic bottle again.



Complete these sentences.

- a. The two substances in the mixture have _____ with each other.
They have produced a new substance.
- b. This process is called a chemical _____.

5. **In science, changes are either reversible or irreversible.
Baking a loaf of bread is a chemical change. Explain why?**



6. **Dissolving salt in water is a physical change. Explain why?**



7(a). Put a tick (✓) in the correct column.

change	Physical	Chemical
baking a potato		
boiling water		
digesting food		
melting chocolate		
rusting of an iron		
burning of paper		

8. Answer the following questions

1. What are some of the signs of a chemical change?

2. Differentiate between physical change chemical change:

Physical change	Chemical change

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3. State the law of conservation of mass.

4. Explain why rust is a chemical change but folding a piece of paper is a physical change?

FOOD AND HEALTH

1. Choose the correct options.

1. Which of the following is/are function of carbohydrate.

- a. Deliver energy
- b. Fat metabolism
- c. Obesity
- d. Both A and B

2. This food group is made up of foods such as pasta, rice, bread, and oats. What is the food group?

- a. Vegetables
- b. Milk
- c. Grains
- d. Meats & Beans

3. Deficiency of fats in our body leads to some _____ diseases.

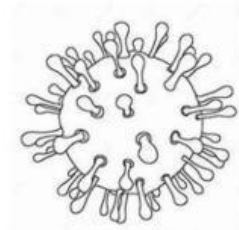
- a. skin
- b. digestive
- c. respiratory
- d. viral

4. _____ are the main cause of infections such as common cold and influenza.

- a. Viruses
- b. Fungus
- c. Bacteria
- d. Mushroom

5. Malaria is caused by _____.

- a. water
- b. mosquito
- c. air
- d. food



2. Fill in the blanks.

1. If we don't drink enough water on a hot day or while exercising, we could become _____.

2. _____ are disorders that affect either a part of, or the entire body by impeding bodily functions.

3. Proteins also play a key role in boosting our _____.

4. _____ are the nutrients that help your body work, grow, and fight against diseases.

3. The below given is a table of nutrients. Fill in the missing information in the blank boxes.

S.no	Nutrient	Sources	Functions	Diseases
1	Carbohydrates 	Grains, potatoes, processed cheese, bread, pasta, refined sugars.	- To deliver energy - Fat metabolism	Tiredness. Unhealthy weight loss.
2	Fats 	Meat, fish, cheese, butter, walnuts, cream, and oils.		Skin diseases.
3	Proteins 	Almonds, eggs, chicken, fish, seafood, cheese, milk and other dairy products.	Boosting our immunity.	- Edema-swollen and puffy skin. - Skin hair and nail problems.
4	Vitamins and minerals 		Maintaining proper vision, growth, a healthy immune system. 	Problems with eyes (vision), teeth, gums, skin, and growth.

4. Write true or false for the following statements.

1. A balanced diet is one that includes all food groups in the right proportion. _____

2. Deficiency of Carbohydrates can cause disease called Edema-swollen and puffy skin

3. Vitamins are body building nutrients _____

4. We need balanced diet for healthy weight and energy balance _____

5. Answer the following questions.

1. What are proteins? Why do we need them?

2. Write any two functions of fat in our body?

3. How are diseases transmitted from person to person?



4. What are the ways by which we can prevent the spread of diseases?

