



# Chapter 1: You Are What You Eat

## Vitamins, Functions & Deficiency Effects

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### Section A: Very Short Answer Questions

1. **What do vitamins help keep our body healthy?**  
**Answer:** Vitamins help keep different parts of our body healthy.
  2. **Which vitamin keeps our eyes healthy?**  
**Answer:** Vitamin A.
  3. **Which vitamin keeps our nerves healthy?**  
**Answer:** Vitamin B1.
  4. **Which vitamin keeps the skin healthy?**  
**Answer:** Vitamin B2.
  5. **Which vitamin helps stop bleeding when we get a cut?**  
**Answer:** Vitamin K.
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### Section B: Sources of Vitamins

6. **Name any two foods rich in Vitamin A.**  
**Answer:** Carrots, green vegetables.  
(Accept: apricots, liver, milk)
  7. **Name one food that provides Vitamin B.**  
**Answer:** Beans / egg yolk / meat.
  8. **Which foods are good sources of Vitamin C?**  
**Answer:** Vegetables and fruits.  
(Accept: tomato, green tea, peas)
  9. **Which vitamin is also made in the skin by sunlight?**  
**Answer:** Vitamin D.
  10. **Name one food source of Vitamin D.**  
**Answer:** Fish / fat.
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## Section C: Deficiency Diseases

11. What happens if we lack Vitamin A?

**Answer:** It can lead to eye problems.

12. What health problem is caused by lack of Vitamin B?

**Answer:** Anemia, tiredness, and weakness.

13. What problems can occur due to lack of Vitamin C?

**Answer:** Bleeding gums, skin problems, and easy bruising.

14. What happens if the body lacks Vitamin D?

**Answer:** Bone problems.

15. What happens if we lack Vitamin K?

**Answer:** Blood may not clot properly.

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## Section D: Fill in the Blanks

16. Vitamin A keeps the \_\_\_\_\_ healthy.

**Answer:** eyes

17. Vitamin D helps make our bones and teeth \_\_\_\_\_.

**Answer:** strong

18. Lack of Vitamin C can cause \_\_\_\_\_ gums.

**Answer:** bleeding

19. Vitamin K helps stop \_\_\_\_\_ when we get a cut.

**Answer:** bleeding

20. Vitamin B deficiency can make us feel \_\_\_\_\_ or weak.

**Answer:** tired

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## Section E: Thinking Question

21. Why is it important to eat different kinds of food?

**Answer:** Different foods give us different vitamins that keep our body healthy.

*(Accept suitable student answers.)*

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# Chapter 2: Let's Catch a Movie!

## Movie Genres & Film Industry Jobs

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### Section A: Very Short Answer Questions

1. **What are action movies full of?**  
**Answer:** Exciting scenes with a lot of movement and physical activity.
  2. **Name one common scene in action movies.**  
**Answer:** Fight scenes or chase scenes.
  3. **What kind of movies focus on deep human feelings?**  
**Answer:** Drama movies.
  4. **Which type of movie is meant to make people laugh?**  
**Answer:** Comedy movies.
  5. **Which movies are about the future or advanced technology?**  
**Answer:** Science fiction movies.
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### Section B: Movie Genres

6. **Name one famous drama movie mentioned in the lesson.**  
**Answer:** *The Separation*.
  7. **Give one example of a classic comedy actor.**  
**Answer:** Jim Carrey or Charlie Chaplin.
  8. **Which movie genre includes aliens and advanced technology?**  
**Answer:** Science fiction.
  9. **Name one popular fantasy movie.**  
**Answer:** *Harry Potter* or *The Lord of the Rings*.
  10. **Which type of movie is meant to scare people?**  
**Answer:** Horror movies.
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## Section C: Other Movie Types

11. **What are animation movies made using?**

**Answer:** Drawings, computer graphics, or stop-motion.

12. **Are animation movies only for children?**

**Answer:** No, many adults enjoy animated movies too.

13. **What are adventure movies usually about?**

**Answer:** Exploration, excitement, treasure hunting, and daring journeys.

14. **What makes musical movies different from other movies?**

**Answer:** They include songs and dancing.

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## Section D: Jobs in the Film Industry

15. **Who oversees the entire filmmaking process?**

**Answer:** The director.

16. **Who handles budgeting and financing of a film?**

**Answer:** The producer.

17. **Who writes the script of a movie?**

**Answer:** The screenwriter.

18. **Who decides the lighting and camera angles?**

**Answer:** The cinematographer.

19. **Who designs the clothes worn by characters?**

**Answer:** The costume designer.

20. **Who is responsible for music and sound effects?**

**Answer:** The sound designer.

21. **Who creates explosions and monsters in movies?**

**Answer:** The Special Effects (SFX) Supervisor.

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## Section E: Fill in the Blanks

22. Comedy movies are meant to make us \_\_\_\_\_.

**Answer:** laugh

23. Science fiction movies often show \_\_\_\_\_ technology.

**Answer:** advanced

24. Horror movies are meant to \_\_\_\_\_ and thrill us.

**Answer:** scare

25. The \_\_\_\_\_ is like the captain of the ship in filmmaking.

**Answer:** director

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## Section F: Thinking Question

26. Which movie genre do you like the most and why?

**Answer:** *Student's own answer.*

*(Accept reasonable responses.)*



# Chapter 3: Beyond the Blue

## Oceanology & World Oceans

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### Section A: Very Short Answer Questions

1. **What is oceanology also called?**  
**Answer:** Oceanography.
  2. **What does oceanology study?**  
**Answer:** The ocean and everything in it.
  3. **Name two physical properties of the ocean.**  
**Answer:** Waves and currents.
  4. **What human activity affecting the ocean is mentioned?**  
**Answer:** Pollution.
  5. **Who studies the ocean?**  
**Answer:** Oceanographers.
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### Section B: The Pacific Ocean

6. **Which is the largest ocean in the world?**  
**Answer:** The Pacific Ocean.
  7. **Between which continents is the Pacific Ocean located?**  
**Answer:** Asia and Australia to the west, and the Americas to the east.
  8. **What is the deepest part of the world's oceans called?**  
**Answer:** The Mariana Trench.
  9. **Where is the Mariana Trench located?**  
**Answer:** In the western Pacific Ocean.
  10. **Name any two animals found in the Pacific Ocean.**  
**Answer:** Whales, dolphins, sharks, sea turtles, fish.  
(Any two)
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## Section C: The Atlantic Ocean

11. Which is the second-largest ocean in the world?

**Answer:** The Atlantic Ocean.

12. Name one strong ocean current in the Atlantic Ocean.

**Answer:** The Gulf Stream.

13. Which continents lie on either side of the Atlantic Ocean?

**Answer:** Europe and Africa on the east, the Americas on the west.

14. Name one fish found in the Atlantic Ocean.

**Answer:** Cod / tuna / herring.

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## Section D: The Indian Ocean

15. Which ocean is known for warm waters and monsoon weather?

**Answer:** The Indian Ocean.

16. Name one unique marine animal found in the Indian Ocean.

**Answer:** Dugong / manta ray / whale shark.

17. Which continents surround the Indian Ocean?

**Answer:** Africa, Asia, Australia, and the Southern Ocean.

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## Section E: The Southern Ocean

18. Which ocean surrounds Antarctica?

**Answer:** The Southern Ocean.

19. What kind of climate does the Southern Ocean have?

**Answer:** Very cold with strong winds and icebergs.

20. Name one animal found in the Southern Ocean.

**Answer:** Penguin / seal / blue whale.

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## Section F: Fill in the Blanks

21. Oceanology is the study of the \_\_\_\_\_.

**Answer:** ocean

22. The \_\_\_\_\_ Ocean is the largest ocean on Earth.

**Answer:** Pacific

23. The Mariana Trench is about \_\_\_\_\_ kilometers deep.

**Answer:** 11

24. The Southern Ocean is the \_\_\_\_\_ and coldest ocean.

**Answer:** smallest

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## Section G: Thinking Question

25. **Why is it important to study the oceans?**

**Answer:** To understand marine life, protect ecosystems, and reduce pollution.

*(Accept suitable student answers.)*