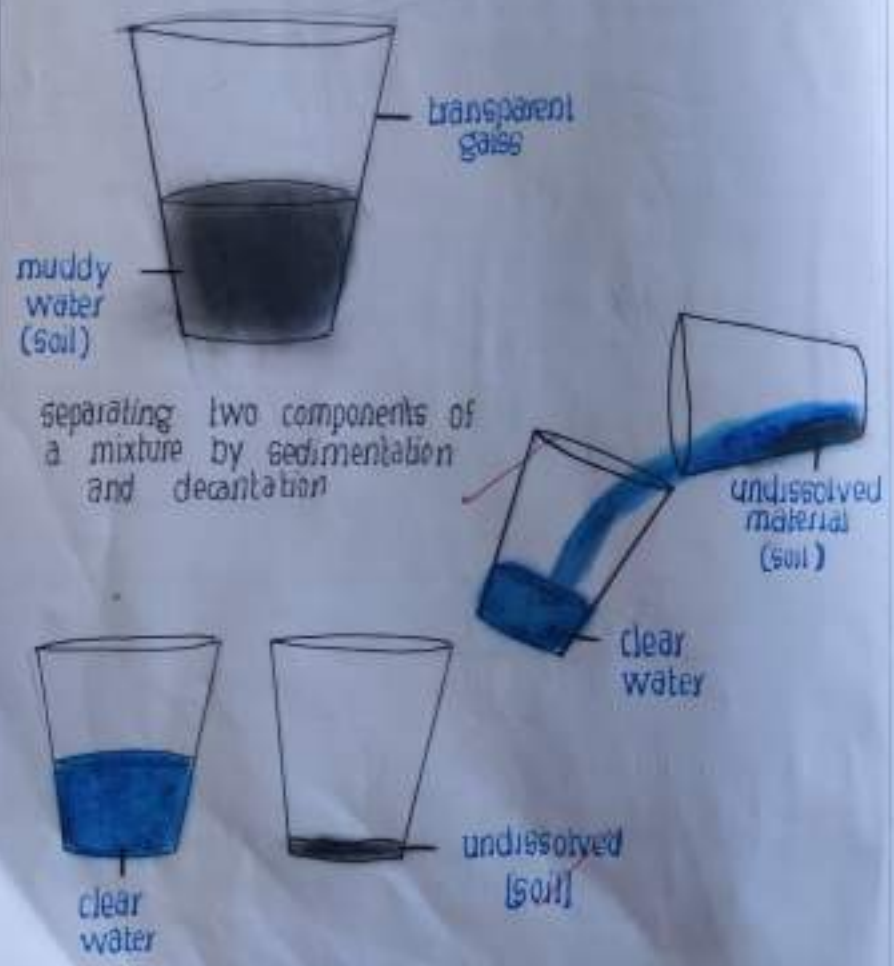
figure 3.8



separating two components of a mixture by sedimentation and decantation

EXPT. NO. | NAME: Separating two components with the help of decantation and Sedimentation | Page No. 1 | Date: 29/06/24 | MARKS

Q.- How would you obtain clear water from a sample of muddy water?

→ We will obtain clear water from a sample of muddy water by the process of filtration

- Explation : a filtre paper has fine smaller pores in it

- Sedimentation : when the muddy water will be kept still in the breaker for sometime after sometime the mud and the water will from different layers

- Decantation : when the water will be removed from that breaker into another container it will be called as Decantation.

ex : 1) separating water from oil.

2) separating dirt from water

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figure 3.9

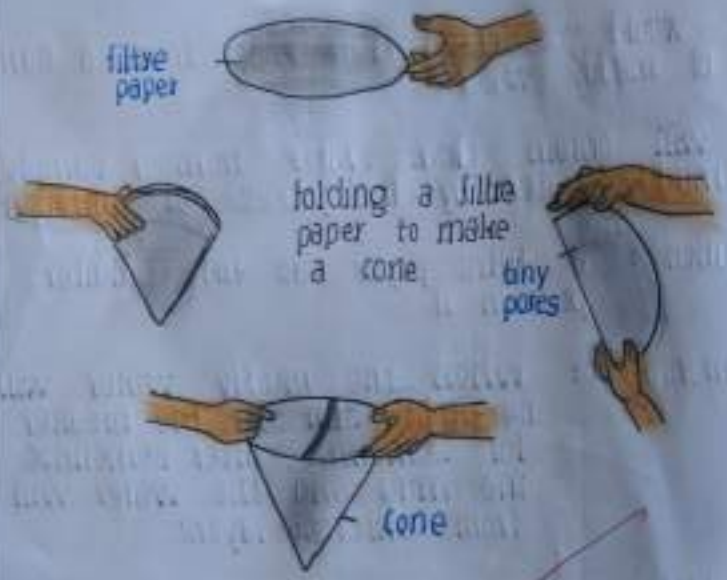
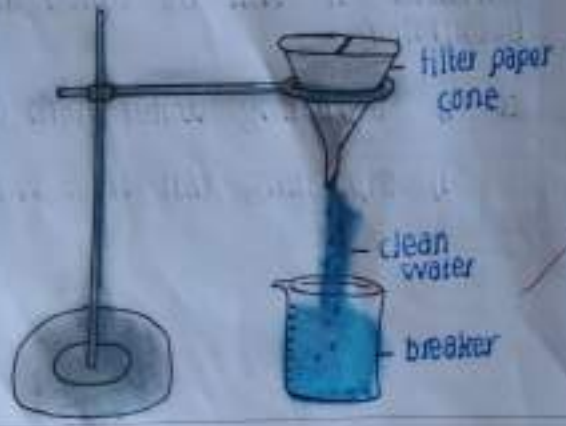


figure 3.10



filtration using filtre paper

EXPT. NO. | NAME: Water filtration | PAGE NO. 9 | DATE 29/04/24

- As we know a filtre paper has very small / fine pores in it. In figure shows the steps involed in using filtre paper is folded into form of a cone and is fixed in the found.

- The water that is pour into the another container is partially muddy.

- If we pour the partially muddy water into the cone made up of filter paper will be completely clean.

- The filtration process is done

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figure 3.10

How water is transparent

EXPT. NO.	NAME: Finding how the water is transparent	Page No.: 3 Date: 03/09/24

- Answer

Q. Describe the experiment to prove that the water is transparent

→ Take a breaker half filled with clean water put a coin in the breaker filled with clean water. Place the breaker undisbubed for a few minutes where enough light present. Now observe the coin immeresed in the water from the top of the breaker. Are you able to see the coin properly ? You can clearly see that the coin immeresed in water. This proves that water is transparent.

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Figure 1.3

some sources of carbohydrates

Figure 1.4

some sources of fats

EXPT. NO. | NAME: Carbohydrates and Fats | Page No: 4 | Date: 24/06/24 | REMARK

- Carbohydrates : we get energy from the food items that are rich in carbohydrate
- They are called as energy giving food.
- ex: potatoes, wheat, rice, bread etc.
- some sources of carbohydrate are:

1. Sugarcane
2. Sweet potato
3. Potato
4. Papaya
5. Watermelon
6. Mango
7. Wheat
8. Rice
9. Bajara
10. Maize
11. Oats
12. Pasta
13. Carrot
14. Apple
15. Chickpea

- Fats : Fat is also a energy giving food
- They gives us more energy than carbohydrate
- ex: coconut oil
- some sources of fats are:

1. Sunflower oil
2. Mustard oil
3. Coconut oil
4. Soyabean oil
5. Groundnut
6. Nuts
7. Till
8. Ghee
9. Ghee
10. Milk
11. Butter
12. Meat
13. Fish
14. Cream
15. Egg

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1.5 figure

(a) plant sources

(b) animal sources

Some sources of proteien

1.6 figure

Some sources of vitamin A

Protein and vitamin A

Page No. 5
Date 24/06/24

- Protein : We need protein in our diet for growth and repair our body tissues, to regulat body functions and to protect the body from infection. Food items rich in protein are called bodybuilding food

- We get protein from (a) plant sources and (b) animal sources

- Plant sources are :

1. Gram
2. Moong
3. Beans
4. Soyabeans
5. Peas
6. Tuar dal
7. Oats
8. Kidney beans
9. Walnuts

- Animal sources are :

1. Milk
2. Meat
3. Fish
4. Paneer
5. Eggs
6. Cheese

- Vitamin A : Vitamin A is essential for vision, immune function, and skin health

- Some sources of vitamin A are :

1. Papaya
2. Mango
3. Carrot
4. Mango
5. Milk
6. Apricots
7. Guava
8. Eggs
9. Cod liver oil
10. Shrimp
11. Crab
12. Lobster

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1.9 figure

Some sources of vitamin D

1.8 figure

Some sources of vitamin C

1.7 figure

Some sources of vitamin B

EXPT. NO. | NAME: Vitamin D, C and B | Page No.: 6 | Date: 24/04/24 | REMARKS

- Vitamin D : is a fat-soluble vitamin essential for several bodily functions. It's often called the "sunshine vitamin"

- Some sources of vitamin D are:

1. Fish
2. Butter
3. Milk
4. Egg
5. Liver
6. Salmon
7. Cereal
8. Soyabeans
9. Tofu
10. Liver
11. Sunrays
12. Edamame

- Vitamin C : also known as ascorbic acid, is a water-soluble vitamin essential for human health

- Some sources of vitamin C are:

1. Orange
2. Guava
3. Chilli
4. Lemon
5. Amla
6. Tomato
7. Limes
8. Kiwi
9. Spinach
10. Kale
11. Potatoes
12. peepers

- Vitamin B : essential for energy production, cell growth, and nervous system health.

- Some sources of vitamin B are:

1. Rice
2. Wheat
3. Liver
4. Nuts
5. Poultry
6. Lean meats

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Some sources of phosphorous

Some sources of calcium

EXPT NO. | NAME Phosporous and Calcium | Page No. 7 | Date 24/05/24 | Marks

- Phosporous : is a nonmetalic chemical element with the symbol P and atomic number 15

- Some sources of phosporous are :

1. Milk
2. Banana
3. Rice
4. Moong
5. Chilli
6. Meats
7. Eggs
8. Nuts
9. Grains
10. Salmon
11. Kale
12. Yogurt

- Calcium : is a mineral essential for building and maintaining strong bones and teeth It is most apundal mineral

- Some sources of calcium are :

1. Milk
2. Egg
3. Tofu
4. Almonds
5. Oats
6. Sardines
7. Spinach
8. Broccoli
9. Yogurt
10. Chesse

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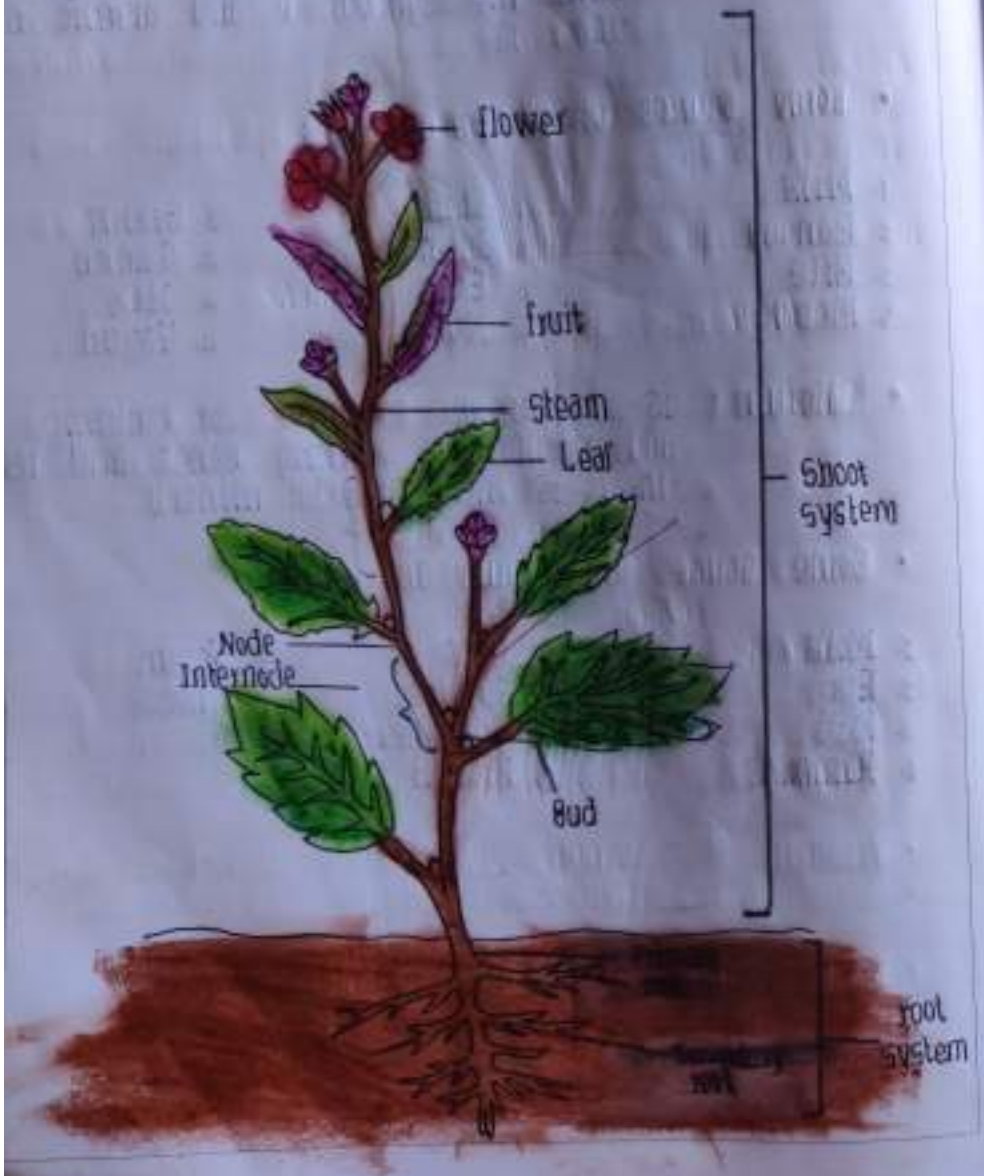
4.2 figure

Parts of plants



EXPT. NO.

NAME Plant and their parts

Page No. 8
Date 05/03/24

- Plant : is a living thing that grows in the earth and has a stem, flowers, fruits, leaf, Bud, node, Internode, Root.
- Flower : is a plants reproductive part.
- Fruit : is a ripened ovary of a plant.
- Stem : stem supports the plant and transports
- Leaf : plants food maker.
- Bud : young plant growth Developing flower or leaf.
- Node : Leaf attachment point on stem
- Internode : Space between nodes.
- Shoot system : Plant's above ground part.
- Root system : plants underground anchor.
- Primary root : First root from seed, grows downward.
- Secondary root : Branch from primary root.

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4.22 figure

Parts of flower

4.23 figure

parts of stamen

4.24 figure

EXPT. NO. | NAME: Parts of flowers | Page No. 9 | Date: 22/07/24 | SIGNATURE

- Pistil : The pistil is the female reproductive part of a plant.
- Stamens : are the male reproductive organs of a flower. They are typically located inside the flower.
- Stigama : is the tip of the pistil of a flower that receives pollen grains and on which they start to grow.
- Anther : The pollen-producing part of a flowers stamen, typically located at the tip of filament.
- Filament : is the stalk-like part of a stamen that supports the anther.

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Figure 4.2.6

Inter structure of an ovary
a) longitudal cut

b) transverse cut

Figure 4.20

EXPT. NO. | NAME Parts of ovary and flower | PAGE NO. 10 | DATE 14/07/24

- Petals : The prominent parts of a open flower is called as petals

- Sepals : The part made of small leaf like structure is called as sepals

- Ovary : The female part of pistil is called ovary.

- Ovules : The small bead like structure inside a ovary is called as ovules.

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