

20/05/21  
Thursday.

Ch-3

8

Date

Page No.

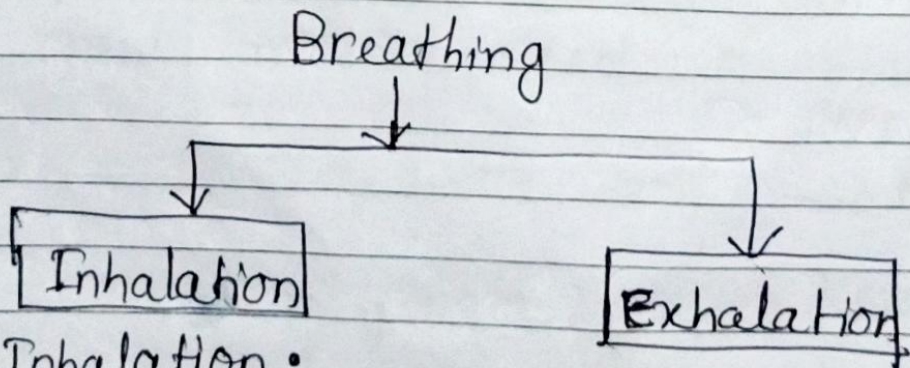
## Breathing :

Breathing is the process by which we take in oxygen and give out carbon dioxide.

\* Oxygen burn the food we eat and gives us energy to work.

Q: Why we breathe very fast while doing physical activity like run, play jump etc?

Ans: We breathe very fast as we need more energy to do physical activity like jump, run etc.



Inhalation:

The process by which we breathe in air is called inhalation.

Exhalation: The process by which we breathe out air is called exhalation.

Lungs expands ← Breathe in → oxygen  
 Lungs contracts ← Breathe out → carbon dioxide

Diaphragm:

The diaphragm is an elastic band made up of muscular tissue.

diaphragm stretches downward → when we Breathe in

diaphragm stretches upward → when we Breathe out

Q: what does happen, when we blow on a glass of hot milk explain?

Ans: when we blow on a glass of hot milk it becomes cold.

As the cool air of our mouth absorbs the hot air around the milk quickly.

Q: Why we blow our palm in winter?

Ans: we blow on our palms to keep them warm.

The air which comes from our body is warm due to the temperature ( $98.4^{\circ}\text{F}$ ). So it makes our palms warm.

Q: What does help the fire to burn, if we blow?

Ans: when we blow, we provide oxygen to the fire, this helps the fire to burn.

\* Stethoscope: It is used by doctors to listen to sounds on the heart and lungs.

\* It was invented by Dr Rene Laennec

write:

New words

Now we know

D: Answer these Questions:

① what did people do in their free time when there was no television?

Ans: when there was no television  
\* People used to go for a long walk

\* Listen to the radio

\* Read books.

\* children used to play outdoors.

② what is the difference between individual and team games? Give examples.

Ans: Individual games

\* player plays alone against another player are called individual games.

\* example: Golf, Chess and billiards

Team games

\* A group of player play against another group are team games.

\* example: Football, cricket, hockey etc.

③ What is team spirit? why is it important?

Ans: The cooperation and coordination among the team members is called team spirit.

Team spirit is important:

- To win
- To inspire every player to play for the team and not for herself or himself.

④ List some local games played in India?

Ans: Local games played in India are:  
→ Vallamkali, Kabaddi, Mallakhamb and Tirandati etc.

⑤ Why does a mirror become cloudy when we blow on it?

Ans: A mirror become cloudy when we blow on it as the water vapour of our breath touches the cold surface, condenses on the cold surface and makes it cloudy.