

STAR PLAY SCHOOL

Dear Parents,

Today's assignment

👉 E.v.s new chapter (reading + back exercise questions)

👉 Annual dance practice

👉 Maths new chapter - measurement (examples + back exercise questions)

👉 Sports race practice

Home Assignment

👉 Do only examples in the maths notebook of decimals-four operations)

👉 Learn chapter- Winner boxer for Tommorrow's oral test

Edited 4:35 pm ✓✓

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Storage and shortage of food

Nutrient	Deficiency disease	Symptoms
Vitamin A	Night blindness	Cannot see well in dim light
vitamin B	Beri beri	Swollen joints, thin and weak body
vitamin C	Scurvy	Bleeding gums and weak bones
vitamin D	Rickets	Weak bones
and calcium	Rickets	Weak bones
iron	Anaemia	Weakness

ghn d loss appet



Iodine	Goitre	Swelling in the neck gland
protein	Kwashi	Tiredness, large be
	orkas	ly

Some Sources

1. Green leafy vegetable carrots papayas
yellow Pumpkin and milk
2. Cereals, meat fish peas potato
es and milk
3. lemons oranges and tomatoes
4. Sunlight, milk, egg, yolk, fish
5. Meat, green leafy vegetables
and milk
6. Iodised salt milk and seafood



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2. pulses soya bean meat
and eggs

A. Tick (✓) the ~~correct~~ answer.

1. Food gets spoilt when you
on it

Ans bacteria

2. ~~Deficiency~~ of iron in the
diet cause.

Ans anemia

3. ~~Acute~~ shortage of food



leads to

Ans earthquakes

4. Adding to some food items
prevents the food from getting
spoilt

Ans preservatives

B. Match the columns.

Column A

Column B

1. radish

write

2. Vitamin B

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1. iodine (a) beriberi
2. Vitamin B (b) Scurvy
3. Vitamin C (c) night blindness
4. Vitamin A (d) Rickets
5. Vitamin D (e) goitre

c. Give example of two food items preserved by the following methods.

1. Canning Fruits vegetable
2. salting Fruits pickles



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3. Sweetening fruits vegetables
4. adding preservatives Jams squashes
5. ~~Freezing meat fish~~

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Measurement

Example convert 1 hectometre to decimetre units

$$1 \text{ hm} = 1 \times 10 \times 10 \times 10 \text{ dm} = 1000 \text{ dm}$$

0 dm

Example: convert 3 millimetres to metres

$$3 \text{ mm} = 3 \times \frac{1}{10} \times \frac{1}{10} \times \frac{1}{10} \text{ m}$$



$$= 3 \times \frac{1}{1000} \text{ m}$$

$$= \frac{3}{1000} \text{ m}$$

Example: ~~convert~~ 7 km 65 m to metres

$$7 \text{ km } 65 \text{ m} = 7 \text{ km} + 65 \text{ m}$$

$$\begin{aligned} 7 \text{ km} &= 7 \times \frac{1}{1000} \text{ m} \\ &= 7,000 \end{aligned}$$

$$\begin{aligned} \text{So } 7 \text{ km } 65 \text{ m} &= 7,000 \text{ m} + 65 \text{ m} \\ &= 7,065 \text{ m.} \end{aligned}$$

Example: convert scm to dam

$$s\text{ cm} = s \times \frac{1}{10} \times \frac{1}{10} \times \frac{1}{10} \text{ dam}$$

$$= s \times \frac{1}{1000} \text{ dam}$$

$$= \frac{s}{1000} \text{ dam}$$

$$= 0.001 s \text{ dam}$$

$$50 \text{ scm} = 0.05 \text{ dam}$$

Example: Convert s dg to cg

$$s\text{ dg} = s \times 10 \text{ cg}$$

$$= s \times 10 \text{ cg} = 50 \text{ cg}$$



Example: convert 12 kg 300 hg
to hg

$$\begin{aligned} 12 \text{ kg } 300 \text{ hg} &= 12 \text{ Kg} + 300 \text{ hg} \\ &= 12 \times 10 \text{ hg} + 300 \text{ hg} \\ &= 120 \text{ hg} + 300 \text{ hg} = 420 \text{ hg} \end{aligned}$$

Therefore 12 kg 300 hg = 420 hg

Example: convert 8 mg to dg

$$8 \text{ mg} = 8 \times \frac{1}{10} \times \frac{1}{10} \text{ dg} = 8 \times \frac{1}{100} \text{ dg}$$

Units of

Kilometre

Hectometre

Metre

Length

(km)

(hm)

(dam)

(m)

Kilometre

Hectometre

Metre

Decimetre

(km)

(hm)

(dam)

(m)

(dm)

Centimetre

Millimetre

Micrometre

(cm)

(mm)

(μm)

Unit of length

20

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