Name: _____ Date: _____

<u>Light</u>

Q1.   Name some food items which are rich in vitamin A.

Ans.   _____

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Q2.   Why too little or too much light is bad for our eyes?

Ans.   _____

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Q3.   A book lying on a table in a room can be seen from all the parts of the room. Give reason?

Ans.   _____

_____

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Q4.   What should we do if something like a dust particle or an insect gets into our eye?

Ans.   _____

_____

_____

Q5.   How a hair dresser makes us see hair at the back of our head after the hair cut is complete?

Ans.   _____

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_____

Light

Q1. Name some food items which are rich in vitamin A.

Ans. Raw carrots, broccoli and green vegetables (such as spinach) and cod liver oil are rich in vitamin A. Eggs, milk, curd, cheese, butter and fruits such as papaya and mango are also rich in vitamin A.

Q2. Why too little or too much light is bad for our eyes?

Ans. Too little or too much light is bad for eyes. Insufficient light causes eyestrain and headaches. Too much light, like that of the sun, a powerful lamp or a laser torch can injure the retina.

Q3. A book lying on a table in a room can be seen from all the parts of the room. Give reason?

Ans. A book lying on a table in a room can be seen from all the parts of the room because the light is reflected by the book and it reaches our eye at any part of the room.

Q4. What should we do if something like a dust particle or an insect gets into our eye?

Ans. If something like a dust particle or an insect gets into our eye, we should never rub the eye instead wash the eye with clean water. If there is no improvement, we should consult a doctor immediately.

Q5. How a hair dresser makes us see hair at the back of our head after the hair cut is complete?

Ans. Hair dresser uses the phenomena of multiple reflections to provide view of the back of our head. After our hair cut is complete, he places a mirror at our back to show us how the hair has been cut.