

NCERT Solutions

Class 5 EVS

Chapter 9 Up You Go

1. Identify the picture. What does it represent?



Image: Trekking

2. Why did Sangeeta not want to go on the trek?
3. Have you ever climbed a mountain? When and where?
4. What are the things we should carry for mountaineering?
5. Write three responsibilities of a group leader.
6. Match the state with their languages.

States	languages
Manipur	Hindi
Uttar Pradesh	Assamese

Assam	Mizo
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7. Have you ever been a monitor of your class? Write some responsibilities of a monitor.

8. Name the things which keep mountaineers warm and strong in the cold.

9. Write names of the tools that are needed for climbing the mountain.

10. At which angle should we keep our body while climbing?

11. Who is Bachendri Pal?

12. Why are double-layered plastic sheets used for the tent?

13. Identify the activities.

a.



Image: bungee jumping

b.



Image: River rafting

c.



Image: paragliding

14.Name the items.

a.



Image: Binocular

b.

Image: Helmet

c.

Image: Oxygen cylinder

15. Why do we have to take an oxygen cylinder to climb a mountain?

16. Observe the picture. What does this picture represent?



Image: hosting flag on summit of mountain

17.Fill in the blanks.

- (a) _____ was a teacher from Kendriya Vidyalaya.
- (b) Sangeeta was leading group _____.
- (c) The best performance award was given to _____.

18.What is your favorite adventure activity?**19.What should be done around the tent to keep insects and reptiles away?****20.What does the picture represent?****Answers**

1. The picture represents an activity, trekking by some people over mountains.
2. Sangeeta did not want to go on the trek because she got blisters on her feet and she had severe pain.
3. Yes, I went to Simla with my family and climbed up the mountain last year.
4. The things we should carry for mountaineering are a water bottle, plastic sheet, diary, torch, whistle, a thick rope, food packets, etc.
5. The three responsibilities of a group leader are
 - Help others in managing everything.
 - Look after those who are not well.
 - Motivate all group members.

6.

States	languages
Mizoram	Mizo
Uttar Pradesh	Hindi
Assam	Assamese

7. Yes, I have been a monitor in my class. The responsibilities of a monitor are given below.

- Always maintain discipline in the class
- Arrange all essential things, like chalk, duster, etc., in the class
- Treat everyone equally in class

8. The things which are given to mountaineers to keep them strong and warm in the cold are iron tablets, vitamin C, and hot chocolate milk.

9. The things needed for climbing a mountain are ropes, pegs, a sling (type of hook), a stick, an axe, an oxygen cylinder, a water bottle, etc.

10. We should keep our bodies at a 90-degree angle while climbing.

11. Bachendri pal was the first Indian woman to reach Mount Everest's summit in 1984.

12. The double-layered plastic sheets are used for the tent because of two reasons.

- It prevents dampness.
- It helps to keep the body warm.

13.

- (a) Bungee jumping
- (b) River rafting
- (c) Paragliding

14.

- (a) Binoculars
- (b) Helmet
- (c) Oxygen cylinder

15. As we go higher, the amount of oxygen decrease, due to which mountaineers have to take an oxygen cylinder to climb a mountain.

16. The picture represents a woman hosting a flag on the summit of the mountain.

17.

- (a) Sangeeta Arora was a teacher from Kendriya Vidyalaya
- (b) Sangeeta was leading group seven.
- (c) The best performance award was given to Sangeeta Arora.

18. My favorite adventure activity is paragliding. It's like you are flying in the sky.

19. We should dig a drain around the tent to keep insects and reptiles away.

20. The picture represents two persons trying to put up the tent.