

## PRACTICE WORKSHEET 1: UP YOU GO | CLASS 5 ENVIRONMENTAL STUDIES

### Multiple Choice Questions

1. What is the main role of a group leader during a mountaineering trek?
    - a. To carry everyone's bags
    - b. To guide and assist group members
    - c. To plan the meals
    - d. To stay ahead of the group at all times
  2. What did the participants carry in their rucksacks during the trek?
    - a. Food packets and clothes only
    - b. Food, water bottles, ropes, hooks, and sleeping bags
    - c. Only water and first-aid
    - d. Only torches and diaries
  3. What was the method used to cross the river during the trek?
    - a. Building a wooden bridge
    - b. Swimming across
    - c. Using a rope tied to both sides of the river
    - d. Using a boat
  4. Who became the first Indian woman to climb Mount Everest?
    - a. Kalyani Raghunathan
    - b. Khondonbi
    - c. Bachhendri Pal
    - d. Brigadier Gyan Singh
  5. Why was a drain dug around the tent during the camp?
    - a. To collect rainwater
    - b. To prevent water from entering the tent
    - c. To keep animals away
    - d. To keep the tent cool
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### Fill in the Blanks

1. \_\_\_\_\_ was the instructor who guided the mountaineers during their training.
  2. The group crossed the river by tying a \_\_\_\_\_ to their waist and sliding along the rope.
  3. Bachhendri Pal climbed Mount Everest on \_\_\_\_\_ May 1984.
  4. The mountaineers used \_\_\_\_\_ to cook food at the campsite.
  5. A sleeping bag is filled with soft \_\_\_\_\_ to keep trekkers warm at night.
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### True or False

1. The group members ate raw food during the trek. (True/False)
  2. The national flag was hoisted by Bachhendri Pal at the peak of Mount Everest. (True/False)
  3. It is important to carry a whistle during a trek for safety purposes. (True/False)
  4. Snowstorms are common at higher altitudes during treks. (True/False)
  5. Mountaineering requires physical strength and mental discipline. (True/False)
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### Short Questions

1. What challenges did the mountaineers face while crossing the river?
  2. Why is it important for a group leader to stay at the back during a trek?
  3. What lessons can be learned from Bachhendri Pal's journey?
  4. How does a sleeping bag help trekkers during cold nights?
  5. Why is teamwork important during adventurous activities like mountaineering?
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### Long Questions

1. Describe the life of Bachhendri Pal and her achievement of climbing Mount Everest.
  2. Explain how mountaineers prepare for a trek and the tools they carry for safety.
  3. What values and life skills can be learned from participating in adventurous activities like trekking?
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## **Answer Key**

### **Multiple Choice Questions**

1. b. To guide and assist group members
  2. b. Food, water bottles, ropes, hooks, and sleeping bags
  3. c. Using a rope tied to both sides of the river
  4. c. Bachhendri Pal
  5. b. To prevent water from entering the tent
- 

### **Fill in the Blanks**

1. Brigadier Gyan Singh
  2. Sling
  3. 23rd
  4. A chulha
  5. Feathers
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### **True or False**

1. False
  2. True
  3. True
  4. True
  5. True
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### **Short Questions**

1. The group faced challenges like icy cold water, fast-flowing currents, and fear of slipping while crossing the river.
  2. A group leader stays at the back to assist struggling members and ensure no one is left behind.
  3. Bachhendri Pal's journey teaches us determination, courage, and perseverance in achieving goals.
  4. Sleeping bags keep trekkers warm by trapping heat inside the soft feathers, providing comfort even in freezing temperatures.
  5. Teamwork is crucial to ensure safety, distribute responsibilities, and support each other during difficult situations.
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### Long Questions

1. **Life of Bachhendri Pal:** Bachhendri Pal grew up in Uttarakhand and trained at the Nehru Institute of Mountaineering. She became the first Indian woman to climb Mount Everest on 23rd May 1984, inspiring millions.
2. **Preparation for a trek:** Mountaineers carry essential tools like ropes, hooks, sleeping bags, food, water, and a torch. They train for physical endurance and learn techniques like rappelling and crossing rivers.
3. **Values from mountaineering:** Mountaineering teaches perseverance, teamwork, leadership, resourcefulness, and the importance of physical and mental fitness.