

PRACTICE WORKSHEET 2: UP YOU GO | CLASS 5 ENVIRONMENTAL STUDIES

Multiple Choice Questions

1. What is one of the first steps in preparing for a mountaineering expedition?
 - a. Watching videos of past expeditions
 - b. Packing snacks and games
 - c. Physical and mental training
 - d. Building tents at home
 2. Why did the group members dig a drain around the tent?
 - a. To collect rainwater
 - b. To keep the tent stable
 - c. To prevent water from entering the tent during rain
 - d. To keep the ground dry for cooking
 3. Which tool is used to climb steep rocks during mountaineering?
 - a. A rope
 - b. A hook and carabiner
 - c. A walking stick
 - d. A compass
 4. What is the main purpose of using a whistle during treks?
 - a. To signal for help in emergencies
 - b. To scare away animals
 - c. To check the air pressure
 - d. To guide people toward the food area
 5. Which type of weather condition is most dangerous at high altitudes?
 - a. Heavy rainfall
 - b. Snowstorm
 - c. Cloudy weather
 - d. Hot winds
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Fill in the Blanks

1. Mountaineers use a _____ to boil water and cook food at the campsite.
 2. A _____ bag is essential to keep trekkers warm during cold nights.
 3. _____ Pal was the first Indian woman to climb Mount Everest.
 4. A _____ is used to secure climbers to the rock surface for safety.
 5. _____ is an important skill needed to manage a trekking group effectively.
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True or False

1. Mountaineering is easy and does not require much training. (True/False)
 2. A whistle is a safety tool used during treks to signal danger or call for help. (True/False)
 3. It is important to work as a team during mountaineering expeditions. (True/False)
 4. Snowstorms can be dangerous at high altitudes. (True/False)
 5. Carrying extra weight during a trek is not a problem. (True/False)
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Short Questions

1. Why is physical and mental preparation important for mountaineering?
 2. What items are typically carried in a mountaineer's rucksack?
 3. Why is teamwork necessary for a successful mountaineering expedition?
 4. How do mountaineers ensure their safety during difficult climbs?
 5. What qualities make a good group leader during a trek?
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Long Questions

1. Describe the challenges faced by mountaineers during a trek and how they overcome them.
 2. Discuss the importance of teamwork and discipline in adventurous activities like mountaineering.
 3. Explain how Bachhendri Pal's journey to Mount Everest serves as an inspiration for others.
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Answer Key

Multiple Choice Questions

1. c. Physical and mental training
 2. c. To prevent water from entering the tent during rain
 3. b. A hook and carabiner
 4. a. To signal for help in emergencies
 5. b. Snowstorm
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Fill in the Blanks

1. Chulha (or portable stove)
 2. Sleeping
 3. Bachhendri
 4. Rope or harness
 5. Leadership
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True or False

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

1. Physical and mental preparation builds stamina, strength, and the ability to handle challenges like tough terrain and harsh weather during mountaineering.
 2. Items include ropes, hooks, sleeping bags, food, water bottles, a torch, and safety gear like helmets and carabiners.
 3. Teamwork ensures that group members help each other, share responsibilities, and work together to overcome challenges.
 4. Mountaineers ensure safety by using ropes, carabiners, and helmets, staying alert, and following instructions from the group leader.
 5. A good leader guides the group, ensures safety, and motivates team members during difficult situations.
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Long Questions

1. **Challenges during a trek:** Mountaineers face challenges like rough terrain, steep climbs, snowstorms, and exhaustion. They overcome these with training, teamwork, proper equipment, and mental strength.
2. **Importance of teamwork and discipline:** Teamwork ensures mutual support and safety, while discipline helps maintain order and focus. Both are crucial for success and handling emergencies during mountaineering.
3. **Bachhendri Pal's inspiration:** Her determination, courage, and achievement of being the first Indian woman to climb Mount Everest inspire people to dream big and work hard despite challenges.