

Class: ivFood health.

I Choose the correct answer:-

① \_\_\_\_\_ is an energy giving food.

- (a) carrot      ✓(b) rice  
(b) lemon      (c) fruits.

② \_\_\_\_\_ is called as complete food.

- (a) rice      (b) jowar  
(c) oil      ✓(d) milk.

③ Goitre is caused due to the deficiency

- of \_\_\_\_\_.  
(a) iron      ✓(b) iodine  
(c) Vitamin      (d) fat

II Fill in the blanks:-

① The nutrient present in grain is carbohydrates.② We should drink a minimum of two litres of water everyday.③ Night blindness is caused due to the deficiency of 'A' vitamin.④ Elephant eats grass with the help of a its trunk.⑤ Orange is rich in vitamin 'C'.

STUDENT'S NAME

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TOTAL MARKS  
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iii Match the following:-

	A	B
①	Vitamin 'A'	Night blindness
②	Vitamin 'B'	Beri beri
③	Vitamin 'C'	Scurvy
④	Vitamin 'D'	Rickets

iv Write the reasons for the following statements:-

① We should not eat contaminated food.

Ans:- Because contaminated food causes diseases like vomiting, dysentery, Cholera and fall sick.

② We should eat balanced diet.

Ans:- Because a balanced diet supplies the nutrients need to our body and work effectively.

③ We should cover the prepared food items properly.

Ans:- Because keeping food covered protects from harmful bacteria insects and dust.

④ We should not eat food and cut fruits kept open and sold on the road side.

Ans:- Because contaminated food can cause cholera.

V Give two examples of the following:-

- ① Energy giving food - rice, sweet potatoes.
- ② Food which help us - Cereals, milk to grow
- ③ Food protect us from - fruits, eggs, diseases

VI Answer the following questions:-

- ① Name the five nutrients required to your body.

Ans: Proteins, carbohydrates, fats, lipids, minerals salts and vitamins.

- ② Name the four types of vitamins.

Ans: Vitamin A, Vitamin B, vitamin C and vitamin D.

- ③ What is balanced diet?

Ans: The food which provides all the nutrients to our body in a required proportion is called balanced diet.

- ④ How do animals eat food?

Ans: Animals eat food with the help of their beak, teeth and proboscis.

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⑤ Why vegetables should not be overcooked?

Ans: Because overcooking destroys the nutrients present in them.

⑥ How food are preserved at home?

Ans: Food is preserved at home by drying, salting, cooling, boiling etc.

