

Bhagirathi Bal Shiksha Sadan

Class - IV, Lesson - 1 'Food and Health'

(Book work)

Fill in the blanks :

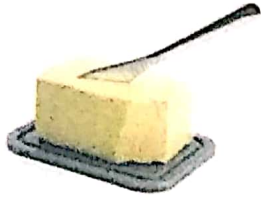
1. Fats give us more energy than carbohydrates.
2. Removing water from food is known as drying.
3. We should sleep for at least 6-8 hours every day.
4. Grapes and meat can be preserved by drying.
5. Calcium helps in the formation of bones and teeth.

Choose the correct answer :

1. Body-building food items are called
(a) fats (b) carbohydrates (c) proteins
2. We get instant energy from
(a) minerals (b) carbohydrates (c) vitamins
3. _____ helps to absorb nutrients properly.
(a) Water (b) Roughage (c) None of these.
4. Which of the given food items are rich in iron?
(a) Curd (b) Apple (c) Both curd and apple.
5. _____ can be preserved by refrigeration.
(a) Pickles (b) Pulses (c) vegetables

Write and learn in fair copy.

B. Match the following nutrients with their sources.



▲ *Butter*



▲ *Potatoes*



▲ *Eggs*

1. Carbohydrates

2. Fats

3. Proteins

4. Vitamins and minerals

5. Iron

6. Calcium



▲ *Fruits*



▲ *Curd*



▲ *Apple*