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CL 4

Science

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A Choose the correct option :-

Q 1. The functions of food is -

a) give us strength to work and play

b) help us to grow c) help us to

remain healthy and strong d) All of these

Q 2. Energy giving nutrients are -

a) carbohydrates and fats b) roughage

and water c) vitamins and minerals

d) proteins and vitamins.

Q 3. Minerals required by the body -

a) Calcium b) Iodine c) Iron d) All of these

Q 4. Food rich in Vitamin A -

a) Carrots b) Sweet potato c)

Egg d) All of these

Q 5. A method of food preservation in which fruits and vegetables are mixed with salt and oil -

a) Deep freezing      b) Canning and bottling

c) Pickling      d) Refrigeration

B Fill in the blanks:

1. Oil is a rich source of fats.
2. Egg is a rich source of protein.
3. Roughage cannot be digested by our body.
4. Cooked food should be kept covered.
5. Mango is preserved by pickling.

C Name the following:

1. The substances needed for energy health and proper growth of our body

Nutrients

2. Foods that are a rich source of proteins

Milk and milk products

3. A diet containing all nutrients in the right amount along with roughage and water

Balanced Diet

4. The method of food preservation in which water is removed from the food.

### Drying

5. Foods rich in vitamins and minerals.

### Fruits and Vegetables