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| **CRT-I-JUL-2019** | | | | | |
| **CLASS** | **IV** | **SUB** | | | **SCI** |
| **LESSON – 1 : FOOD OUR BASIC NEED** | | | **DATE:** | **MARKS: /25** | |

**I. Choose the correct option: 2x1=2**

1. Which one of these helps in the formation of bones and teeth?

a. Calcium b. Fats c. Iron d. Iodine

2. Food items rich in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are called body-building food items.

a. Carbohydrates b.Proteins c. fats d. Vitamins

**II. Fill in the blanks: 5x1=5**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ help to keep our body warm.

2. Food items rich in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are called energy-giving foods.

3. The water content of the food is removed by \_\_\_\_\_\_\_\_\_\_\_\_\_ method of food preservation .

4. Iron and iodine are examples of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

5. The part of plant food that cannot be digested is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**III. Write two examples for each of the following: 3x2=6**

1. Calcium-rich food items \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2. Carbohydrate-rich food items \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. Food items that give us dietary fibre \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**IV. Complete the concept map given below. 6x1=6**

**D**

**+W**

**B**

**FOOD**

**NUTRIENTS**

**Proteins**

In the right amount

**V. Short answer question: 3x2=6**

1. What are Nutrients?

2. Name any two minerals needed by our body.

3. Why should we drink water?

***&&&&&& ALL THE BEST &&&&&&***