



INDIAN SCHOOL NIZWA - WORKSHEET

Science Chapter – 1: FOOD AND HEALTH

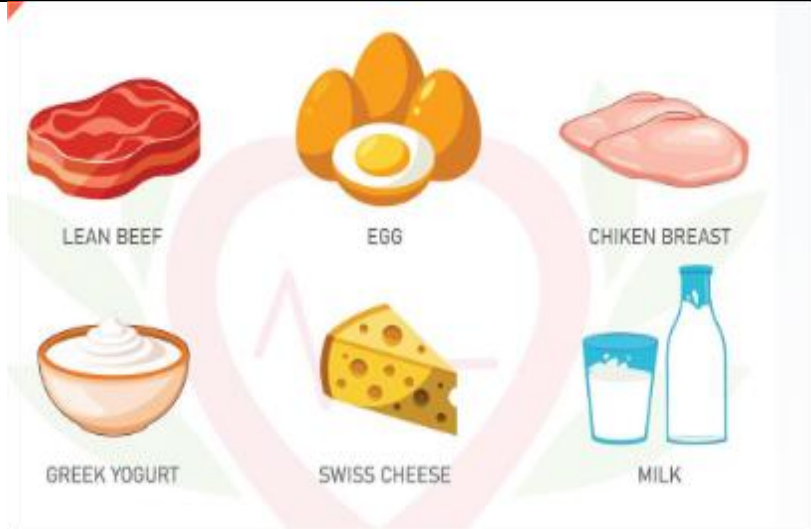
Name: _____ Date: _____ Class: _____ Sec: _____

I)	<u>Fill in the blanks:</u>
1.	The dietary fibre is also known as _____.
2.	Food is cooked to make it soft, easy to chew, and _____.
3.	_____ means to prevent the food items from getting spoilt.
4.	Carbohydrates and fats give us _____
5.	Postures refer to the body _____
6.	_____ is essential for the proper functioning of our body. It maintains body temperature and removes waste from the body.
II)	<u>Give one word for the following</u>
7.	A diet that has all the nutrients in the right amounts. Ans: _____
8.	The substances needed by our body for good health and growth. Ans: _____
9.	The method of protecting the food from getting spoilt. Ans: _____
10.	Food items rich in carbohydrates. Ans: _____
11.	Food items rich in proteins. Ans: _____
12.	Food items rich that protect us from diseases. Ans: _____
13.	The part of the plant food that cannot be digested. Ans: _____



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14.	Sealing of food items in bottles and cans after killing germs in it. Ans: _____
15.	The food items like fruits and vegetables are kept in cold storage. Ans: _____
16.	Removing water content from the food items. Ans: _____
III	<u>Think and answer</u>
17.	Labourers need more carbohydrates. Why?

18.	Provide a suitable heading to the food items shown in the picture. Also write two more examples
	
	1) _____ 2) _____ . _____