

CH- 1 CONT.....

3. Give two examples of foods rich in. (write all the work in your copy.)

a. Carbohydrates- Bread, Banana

b. Proteins-Cheese, Fish

c. Fats-Butter, Ghee

d. Iron-Carrot, Spinach

e. Vitamins C-Orange, Amla

HOMEWORK TO BE DONE IN THE COPY (EXTRA QUESTIONS RELATED TO THE CH.)

GIVE ONE WORD ANSWER:-

1. Food that contains useful substances- _____.

2. It helps to build new cells and repair damage cells- _____.

3. It is stored in the body for future use- _____.

4. This vitamin keeps our gums healthy. _____.

5. It is essential for all living things to stay alive- _____.

DRAW THE FOLLOWING- (PLEASE DON'T COLOUR)

A. 2 PROTEIN GIVING FOOD

B.2 CARBOHYDRATE GIVING FOOD

C.2 CALCIUM GIVING FOOD

DEFINE THE FOLLOWING-

A.NUTRIENTS

B.BALANCE DIET

C.ROUGHAGE

TUHINA MAM AND NILANJANA MAM