

**1. Write T for a true and F for a false statement.**

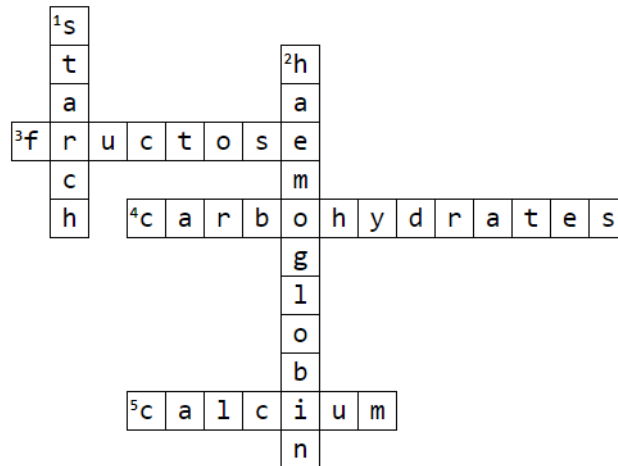
- i. A balanced diet should include foods from all food groups.
- ii. Eating only fruits and vegetables is enough to maintain a balanced diet.
- iii. Proteins are important for building and repairing body tissues.
- iv. Sugary snacks and drinks should be a large part of a balanced diet.
- v. Drinking plenty of water is good for skin.

<b>T</b>
<b>F</b>
<b>T</b>
<b>F</b>
<b>T</b>

**2. Fill in the blanks**

- i. A **balanced** diet means eating equal amounts of all types of food.
- ii. **Carbohydrates** are mainly found in foods like bread, rice and pasta.
- iii. Fruits provide **vitamins** and minerals.
- iv. **Fats** and oils are needed in small amounts for a balanced diet.
- v. The major source of vitamin D is **Sunlight**.

**3. Crosswords**



Across	Down
3. A simple sugar found in fruits.	1. A complex carbohydrate in plants
4. The main source of energy in the human diet	2. A protein found in red blood cells.
5. Vitamin D helps in absorption of	

**4. Jumbled Words**

Jumbled words	Arranged words
i. CLESMUS	Muscles
ii. GENCOLLA	Collagen
iii. SIUMNEMAG	Magnesium
iv. RUSPHOPHOS	Phosphorus
v. COSEGLU	Glucose

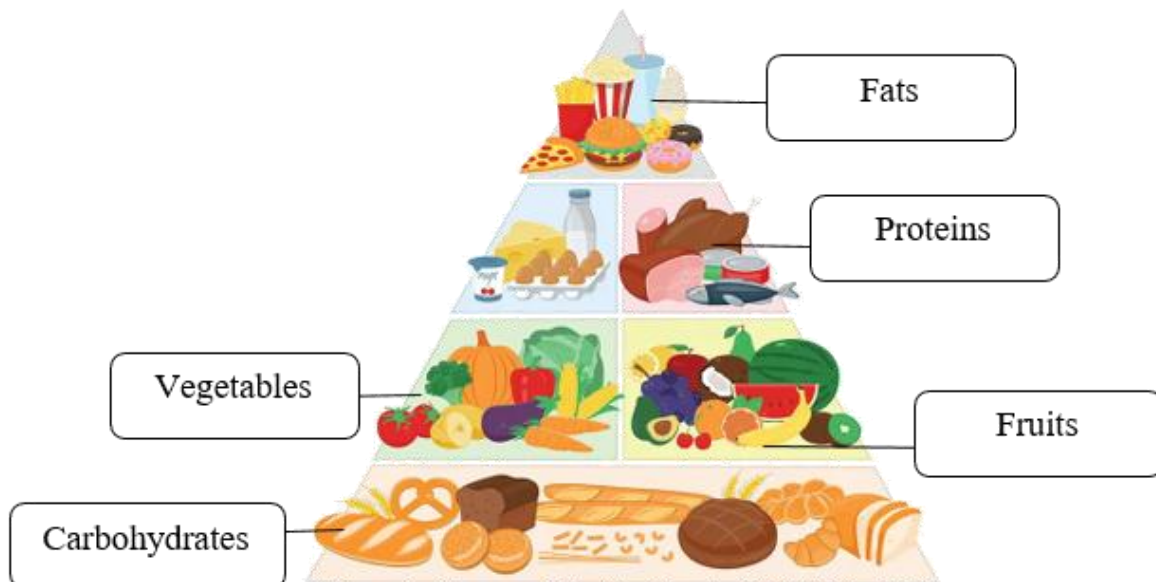
5. Words Search

Find the following word in the words search.

Carbohydrates	Proteins	Fruits	Calcium	Vitamins
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A	B	C	D	M	I	L	K	E	F	G	H
I	J	A	K	I	L	M	N	O	P	V	Q
R	S	R	T	N	U	V	F	W	X	I	Y
F	I	B	R	E	N	E	R	G	Y	T	Z
A	B	O	C	R	U	D	U	R	C	A	E
F	G	H	I	A	T	J	I	A	A	M	K
L	M	Y	N	L	R	O	T	I	L	I	P
Q	R	D	S	T	I	U	S	N	C	N	W
X	P	R	O	T	E	I	N	S	I	S	A
B	C	A	D	E	N	F	G	H	U	I	G
K	L	T	W	A	T	E	R	N	M	O	M
P	O	E	R	S	T	U	V	W	X	Y	Z
D	W	S	H	W	K	R	I	D	W	U	R

6. Label the diagram.



### 7. Drag and Drop

Look at the pictures and write their characters in the relevant column.

				
<b>Vitamins</b>	<b>Minerals</b>	<b>Carbohydrates</b>	<b>Fats</b>	<b>Proteins</b>

Description	Food Group
Fuel of the body	Carbohydrates
Transport oxygen and nutrients	Proteins
Insulate body organs	Fats
Substances occurring naturally	Minerals
Required in small amounts to Function and stay healthy.	Vitamins

### 8. Comprehension

Fill in the blanks after reading the paragraph and observing the picture carefully.



A balanced diet is essential for maintaining good health and well-being. It includes a variety of foods from all the major food groups: fruits, vegetables, proteins, grains, and dairy. Consuming a diverse range of nutrients ensures that the body gets the necessary vitamins, minerals, and energy it needs to function properly. Eating in moderation and avoiding excessive intake of any one food group helps in managing weight and preventing chronic diseases. Hydration is also a key component of a balanced diet, as water is vital for all bodily functions. Overall, a balanced diet supports overall health, boosts the immune system, and promotes long-term wellness.

**i. What is the importance of balanced diet?**

A balanced diet is essential for maintaining good health and well-being.

**ii. What are the components of a balanced diet?**

Fruits, vegetables, proteins, grains, and dairy.

1. Write C against the correct and I against the incorrect statement in the middle column. Also correct the incorrect statement and Write it in the next column.

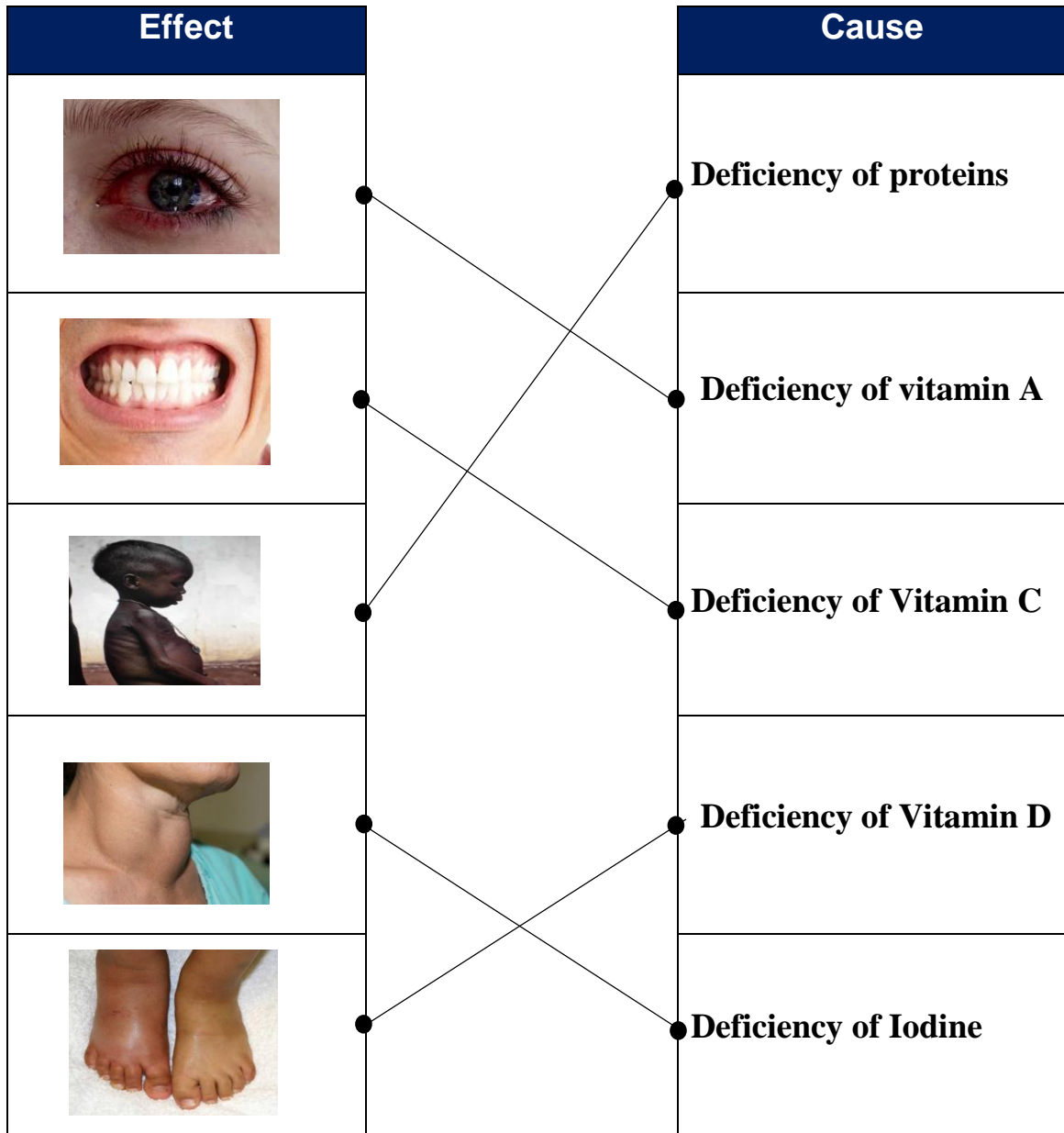
Correct/Incorrect	C/I	Correct Statement
Meat group of food includes milk and milk products (butter, cheese, yogurt, etc.)	I	Meat group of food includes beef, mutton, fish, chicken, and eggs, etc.
Grain group of food includes wheat rice, barley, pearl millet, maize and pulses.	C	
Milk group of food includes beef, mutton, fish, chicken and eggs etc.	I	Milk group of food includes milk and milk products (butter, cheese, yogurt, etc.).
Fruit and vegetable group of food includes fruit, such as apple, orange, banana, mango, grapes, papaya etc., and vegetables such as lady finger, turnip, radish, carrot, cabbage and potato.	C	

1. Encircle the correct option.

<b>1. An immediate source of energy for our body is;</b>			
<b>a. mango</b>	b. chicken	c. mushroom	d. meat
<b>2. Food rich in proteins is:</b>			
a. potato	b. grapes	<b>c. fish</b>	d. rice
<b>3. Which food is best for providing fats:</b>			
a. fruits	<b>b. butter</b>	c. vegetables	d. bread
<b>4. Food rich in carbohydrates is;</b>			
a. corn oil	b. beef	c. egg	<b>starch</b>
<b>5. Source of Vitamin A is:</b>			

a. table salt	<b>b. carrot</b>	c. mustard oil	d. sugar
<b>6. Source of starch is;</b>			
a. egg	b. meat	c. fish	<b>d. potato</b>
<b>7. Vegetable oils are included in the food groups:</b>			
a. carbohydrates	b. proteins	<b>c. fats</b>	d. vitamins
<b>8. balanced diet for an infant is:</b>			
a. fruit	<b>b. milk</b>	c. vegetable	d. egg
<b>9. Which vitamin makes the bones strong?</b>			
a. Vitamin A	b. Vitamin B	c. Vitamin C	<b>d. Vitamin D</b>
<b>10. Iron is a:</b>			
a. Vitamin	<b>b. mineral</b>	c. carbohydrate	d. protein

1. Match the effect with the cause





**Answer the following short questions:****1. Why do we need food?**

**Ans.** We need food to get the energy and nutrients necessary for growth, repair, and maintaining essential body functions.

**2. Name major food groups.**

- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals

**3. Name sources of vitamin A.**

- Carrots
- Cod liver oil

**4. Enlist the sources of vitamin C and D.****Vitamin C:**

- Citrus fruits
- Orange
- Guava
- Broccoli
- Strawberry

**Vitamin D:**

- Milk
- Cod liver
- Soybean

**5. List sources of minerals.**

**Ans.** Minerals are found in milk, meat, grains, vegetables, fruits, eggs, fish, etc.

**6. What is unbalanced diet?**

**Ans.** A diet lacking one or more essential components of food needed by a person is called unbalanced diet.

**7. Is table salt a mineral?**

**Ans.** Yes, table salt is a mineral. It is composed primarily of sodium chloride (NaCl), which is a naturally occurring mineral.

**Answer the following long questions:**

**1. What is balanced diet? Describe importance of balanced diet?**

**Ans.** A mixture of foods having proper amounts of all the nutrients needed for a person suitable to its age, job and health conditions is called balanced diet.

**Importance:**

- A balanced diet provides essential nutrients that support overall health, energy, and proper bodily functions.
- It helps prevent nutritional deficiencies and reduces the risk of chronic diseases.

**2. Describe sources and functions of carbohydrates.**

**Sources:**

Carbohydrates are present in honey, fruits, milk, wheat, rice, barley, potatoes and tomatoes.

**Functions:**

Carbohydrates are quick source of energy for our body. Most of the energy needs of our body are met by carbohydrates. So, they work as fuel for our body.

**3. Describe sources and functions of proteins.**

**Sources:**

Meat, eggs, fish, pulses, milk, chicken nuts, beans, peas, seeds etc., are the foods rich in proteins.

**Functions:**

- Proteins are a food group which provide material for growth, repair and reproduction.
- Proteins play a crucial role in producing enzymes, hormones, and other vital molecules necessary for bodily functions.

**4. State sources and functions of vitamins.**

**Sources:**

Vitamin	Source
Vitamin A	Carrots, cod liver oil, etc.
Vitamin B	Banana, fish, wheat, fresh meat, vegetables, grains etc.
Vitamin C	Citrus fruits, orange, guava, broccoli, strawberry
Vitamin D	Milk, cod liver, soybean
Vitamin E	Eggs, fry fruits, peas, etc.
Vitamin K	Milk, leafy vegetables, fruits

**Functions:**

- Vitamins do not produce energy, but they are essential for growth and proper functioning.
- They protect us from diseases, and keep our eyes, bones, teeth and gums healthy.

**5. Explain the sources and functions of minerals.**

<b>Minerals</b>	<b>Functions</b>	<b>Sources</b>
<b>Calcium</b>	Makes bones and teeth strong	Milk, green vegetables, eggs, fish
<b>Iron</b>	Makes haemoglobin in red blood cells that carry oxygen from lungs to a	Liver, meat, eggs, dark green vegetables, apples, pomegranates