

Name: _____

Class: 7

Sub: Science

Section

Marks: 10

I. Fill in the blanks 5M

1. Carbohydrates give the body _____

2. Proteins help our _____ grow.

3. Vitamin A is good for our _____

4. Fats help the body _____ energy.

5. We must drink plenty of _____

II. match the following. 5M

A

B

1. Fibre

A. Micro-nutrients.

2. Protein.

B. Energy giving

3. Vitamins.

C. Body building

4. Carbohydrates.

D. Bulk forming

5. Water.

E. Constipation