

Name: _____

Grade: IV

Food and Nutrition



1. Fill in the blanks.

- Food can be eaten in _____ or _____ form.
- _____ helps the body to fight diseases.
- A _____ contains all the nutrients such as fats, protein, vitamins, etc in correct amounts.
- Proteins are called _____ nutrients.

2. Give two examples of food that contains the following nutrients.

- Vitamins _____
- Fats _____
- Minerals _____
- Proteins _____



3. Circle the odd one out. Give reason for your answer.

- Canning, roughing, freezing, boiling _____
- Oil, butter, groundnuts, honey _____
- Spinach, cabbage, cheese, apple _____

4. Define.

- Nutrients
- Food preservation

