Name: _____



Grade: IV

Food and Nutrition

1. Fill in the blanks.
   a. Food can be eaten in _____ or _____ form.
   b. _____ helps the body to fight diseases.
   c. A _____ contains all the nutrients such as fats, protein, vitamins, etc in correct amounts.
   d. Proteins are called _____ nutrients.

2. Give two examples of food that contains the following nutrients.
   a. Vitamins _____ _____
   b. Fats _____ _____
   c. Minerals _____ _____
   d. Proteins _____ _____



3. Circle the odd one out. Give reason for your answer.
   a. Canning, roughing, freezing, boiling _____
   b. Oil, butter, groundnuts, honey _____
   c. Spinach, cabbage, cheese, apple _____

4. Define.
   a. Nutrients
   b. Food preservation



LIVEWORKSHEETS