

Name: .....  
School: .....  
Class: **Grade 5**  
Subject: **Science** Title: **Food Groups**



**Interactive Worksheet : Week 12 Self-Learning Program**

**Exercise 1 : Match**

Wheat O	O adding drops of iodine solution the color becomes dark blue
Ghee O	O Elixir of life
Pasta O	O adding drops of iodine solution the color becomes dark blue
Sesame O	O rub it on paper leaves translucent spots
Corn O	O adding drops of iodine solution the color becomes dark blue
Water O	O rub it on paper leaves translucent spots

**Exercise 2 : Match**

Calcium O	O activates the body
Vitamin A O	O for strong teeth and bones
Vitamin D O	O fortifies immunity against germ
Iron O	O for production of red blood cells
Vitamin C O	O affects the growth of the body
Iodine O	O its deficiency causes a vision problems
Vitamin B O	O for strong teeth and bones