TSWRS BALANAGAR

FA-1

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