



D.A.V. PUBLIC SCHOOL

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Class IV

Chapter 7: Food

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Worksheet 1

Fill in the blanks

1. Rice, wheat, maize are rich in _____.
2. Proteins are called body building food because _____.
3. Yellow fruits and vegetables are rich in _____.
4. _____ is essential for absorption of calcium in our body.
5. _____, _____ and _____ are obtained from animals.
6. Raw fruits and vegetables contain _____ or _____.
7. Amla or Indian gooseberry is rich in _____.
8. Honey is rich in _____.
9. Meat contains _____.
10. Cheese and butter are sources of _____.