

DAV public school Rohini

Revision

Chapter Foods

1. Name any two nutrients.
2. Name nutrients present in the following:
  - A. Energy giving foods
  - B. Body building foods
  - C. Protective foods
3. Which nutrient helps our body to grow?
4. Which nutrient protects us from diseases?
5. Which vitamin is necessary for good eyesight and healthy skin?
6. Which nutrient is required for proper functioning of nerves?