INSPIRED TOTS EARLY LEARNING CENTER

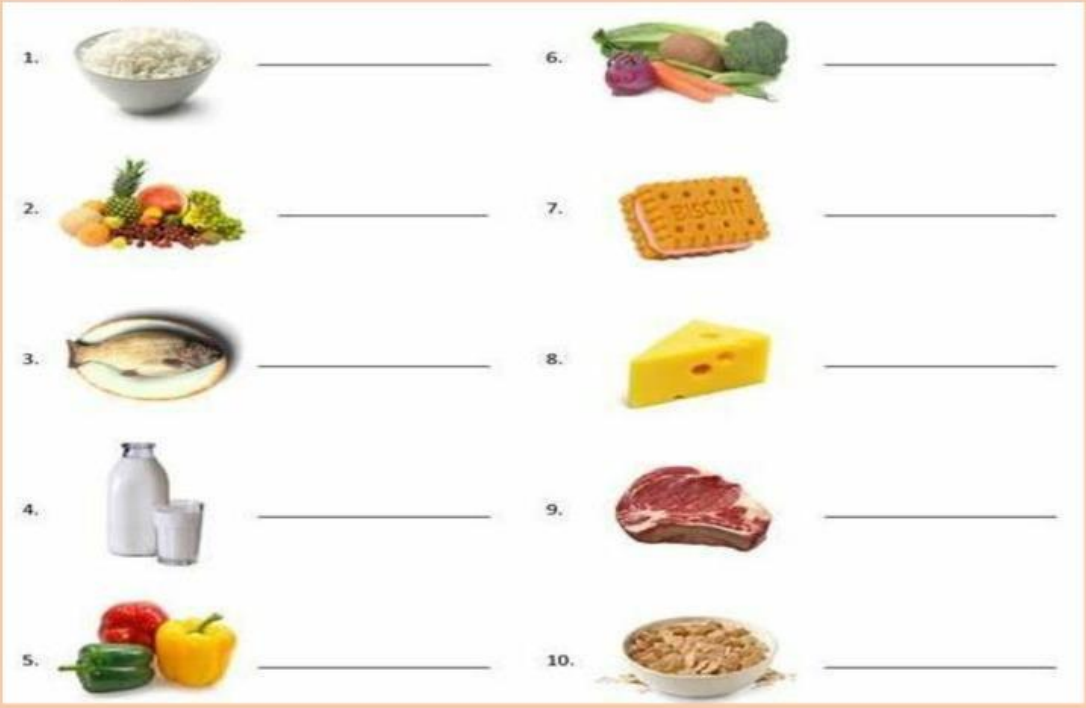
FIRST TERM CONTINUOUS ASSESSMENT, 2024.

NAME:_____ **DATE:**_____

Agric science

1. Why do we eat? a. For growth b. To live c. All of the above
2. Carbohydrates are called _____ a. energy giving food b. food c. body building food
3. _____ provides instant energy. a. proteins b fats c. carbohydrates
4. Which of the following is not a food group? A. Soda b. Proteins c. Fats and oil
5. What food group does bread belong to? a. Carbohydrates b. Fats c. Vegetables
6. Nuts like cashews and peanuts are a part of the _____ food group. a. protein b. vitamin c. carbohydrate
7. _____ is a body building food. a. Proteins b. Vitamins c. Fats
8. Foods like eggs, meat and fish are rich in _____ a. vitamins b. fats and oil c. protein
9. Tubers are divided into how many groups? a. 3 b. 2 c.4
10. Yam is a _____ tuber. a. root b. stem c. none of the above

11. Write the correct words next to the pictures: vegetables, fruits, biscuits, peppers, rice, cereal, cheese, milk, fish.



LIVEWORKSHEETS