



INDIAN SCHOOL DARSAIT
EVS
Ls. 4 FOOD FOR GOOD HEALTH
REVISION WORKSHEET-1



Class: IV Section :

Date:.....

Name:.....

Roll No:.....

Q.I} Choose the correct answer:

1. It's 9:15 pm, we prefer to have _____ at this time.
 a) breakfast b) evening snacks c) dinner
2. Which of the following food item can make us sick, if consumed more?
 a) Milk b) Fruits c) Burger and cold drink
3. We get food from which of the following.
 a) Air b) Water c) Plants
4. Which of these foodstuffs give us energy?
 a) Wheat b) Fish Carrot
5. Which of the following is a healthy habit?
 a) Eating different kinds of food in right quantities b) Eating uncooked food
 c) Eating uncovered food

Q.II} Co-relate the following:

1. Fats : _____ :: Proteins : help us to grow and repair our body cells.
2. Scavengers : eat flesh of dead animal :: _____ : eat flesh of other animals.
3. _____ : contains all essential nutrients :: Junk Food : lacks essential nutrients.
4. Barley : Cereals :: Kidney bean : _____.

Q.III} Name the following:-

1. The essential mineral present in salt _____.
2. The substances that are grounded and added to food for flavor and taste _____.
3. Animals that eat both plants and meat _____.

Q. IV} Give Reason:-

1. Milk is called a complete food.

Ans: _____

2. The State government has implemented mid-day meals in government schools.

Ans: _____

Q.V} Answer the following:-

1. How is salt collected from the sea water?

Ans: _____

Q.VI} Solve the puzzle:

Down

1. They produce the food items.
3. They refine and pack food items into packets.
4. They sell the food items in local markets.

Across

2. They carry the food items from different places.
5. They buy the food items from local markets.

