



INDIAN SCHOOL DARSAIT
SUBJECT ENRICHMENT ACTIVITY – TERM 1
EVS
FOOD FOR GOOD HEALTH



Class: IV Sec: _____

Max.Marks: 10

Date: _____

Name : _____ Roll No. _____

I Tick (✓) the correct option and fill in the blanks: (½x4=2)

1. We can have vitamins and minerals if we eat _____.
a) Vegetables b) Fruits c) Milk d) All of these
2. The process of making food by green plants with the help of sunlight, chlorophyll, air and water is called _____.
a) Respiration b) Photosynthesis c) Digestion d) Excretion

3. _____ is an energy-giving food.

a)  Potato b)  Pulses c)  Fish d)  Chicken

4. The pulses are rich source of _____.
a) Vitamins b) Minerals c) Sodium d) Proteins

II. Find out the following animals hidden in the grid given below and mark it with the colour pencil as given in the brackets. (1x3=3)

1. Two carnivores (Red)
2. Two herbivores (Green)
3. Two omnivores (Blue)

A	J	C	C	O	W
H	O	R	M	M	X
O	G	B	E	A	R
R	L	O	X	N	V
I	I	L	Y	B	N
X	O	A	J	A	F
S	N	A	K	E	O
D	E	E	R	I	G

III. Give two examples of each of the following: (1x2=2)

1. Beverages: _____, _____

2. Cereals: _____, _____

IV. Who am I? (½x2=1)

1.



I look like ginger, give yellow colour to food items. Sometimes When you get hurt, grandmother applies me to your injury by mixing oil.

2.



I look like a nail but I am a bud, I am of chocolate colour. Though I am small, my scent goes far and wide. People use me in case of toothache.

V. Complete the flowchart of journey of the food from sowing of seeds to the cooking of food. (½x4=2)

