



**INDIAN SCHOOL DARSAIT**  
**EVS**  
**FOOD FOR A HEALTHY BODY**  
**REVISION WORKSHEET-1**



Class: V Div: ....

Date:.....

Name:.....

Roll No:.....

I Write one or two sentences about :

1. Food preservation

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2. Pasteurization

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3. Haemoglobin

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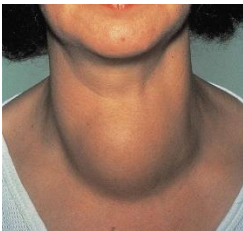
II Match the following

- |                 |   |            |
|-----------------|---|------------|
| 1 Sea food      | - | Iron       |
| 2 Citrus fruits | - | Vitamin -B |
| 3 Papaya        | - | Vitamin -C |
| 4 Whole grains  | - | Vitamin -A |
| 5 Dates         | - | Iodine     |
|                 | - | Calcium    |

1. .... 2. .... 3. .... 4. .... 5. ....

III Identify the following diseases:

1.




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2.




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IV Give reason :

1. We should follow good cooking methods.

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2. An anaemic person gets tired soon.

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3. Vitamin –D deficiency leads to calcium deficiency in the body.

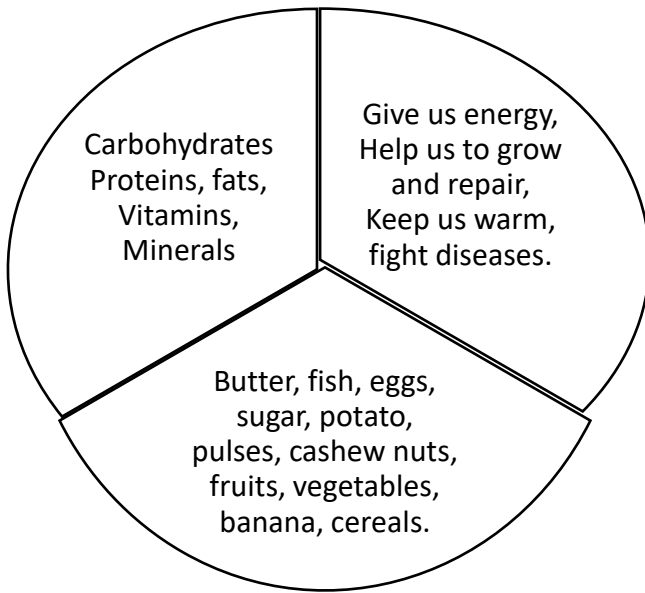
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V Do as directed.

1. Write the name of food items , nutrients and its functions in the correct box.



**Energy giving food**

**Body building food**

**Protective food**

2. Write the name of given food items under the correct preservation method.  
Rasgollas, Raisins, Jams, Jellies, Milk, Pickles, Fish, pineapple.

Sweetening	Dehydration	Canning	Boiling	Salting

3. Write the name of given diseases in the correct place.

