

VIDYABHAWAN BALIKA VIDYAPITH

Shakti utthan Ashram , LAKHISARAI : 811311

Class : 4th A & B

subject : science

Date : 26.06.21 (SAT)

sub Techer : Naina paswan

Based on N.C.E.R.T pattern

CH : 5 OUR FOOD AND ITS DIGESTION

TRY TO SOLVE IT

[Practicum ZONE]

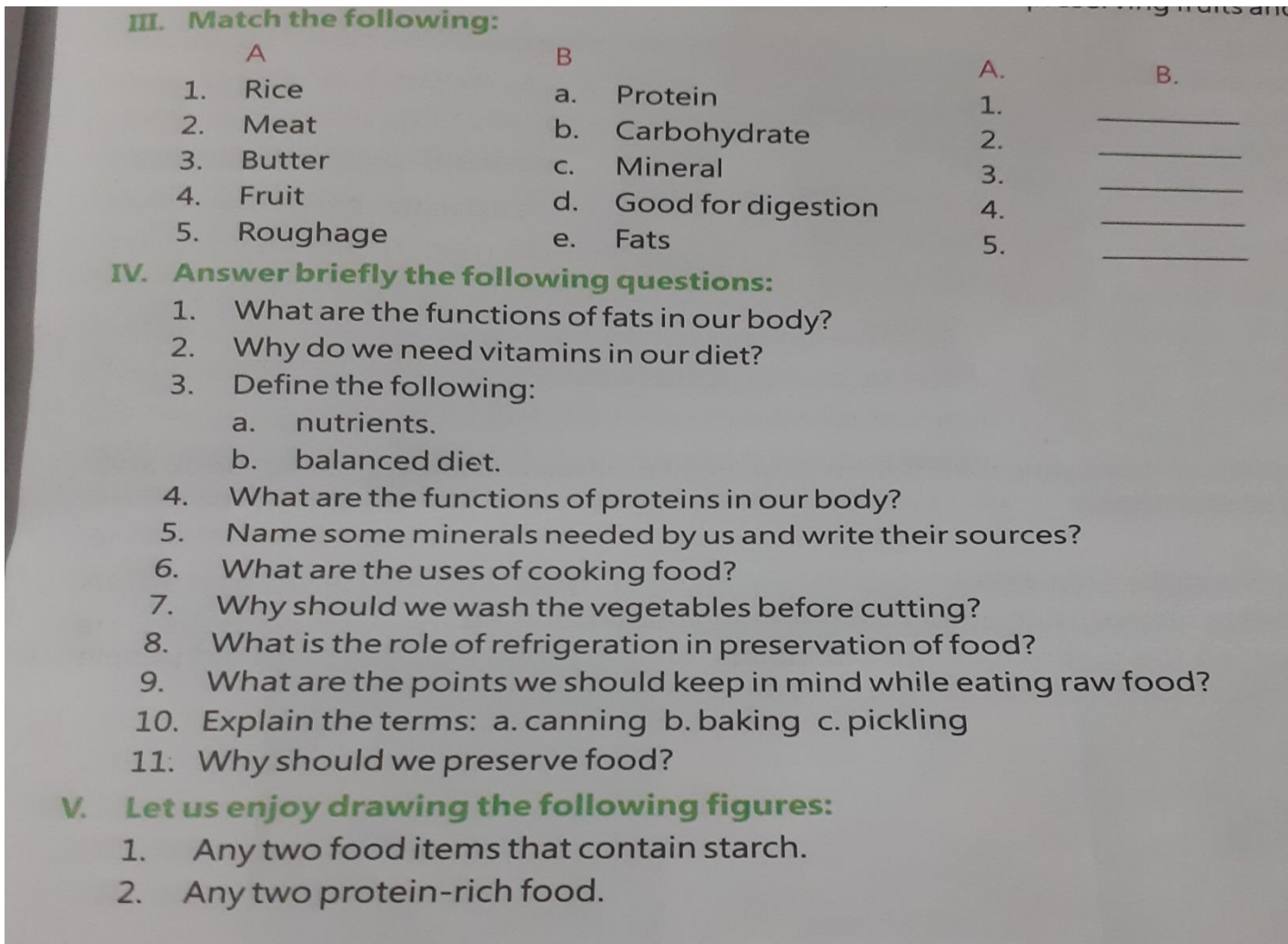
I. Multiple Choice Questions: (Tick the correct option)

- Which one of the following is not a method of preservation ?
a. freezing b. washing c. salting d. drying
- Rice is rich in
a. proteins b. fats c. minerals d. carbohydrates
- Food rich in protein is
a. maida b. rice c. egg d. onion
- Pickling is done to
a. make the vegetable or fruit clean
b. make the vegetable or fruit look beautiful
c. to preserve
d. none of the above

II. Fill in the blanks:

- Our main source of energy comes from _____.
- _____ are building blocks of our body.
- Oils, ghee and butter are rich source of _____.
- _____ are known as protective foods.
- Roughage helps in _____.
- Adult person may need _____ glasses of water in a day.
- We should wash fruits and vegetables _____ peeling or cutting.
- We should never eat food stuff which is kept _____.
- We should always drink water after _____.
- We put _____ in jams and _____ in pickles for preserving fruits and vegetables.

ANSWERS :1. 2. 3. 4. 5. 6. 7. 8. 9 10



ANSWER: III :

ANSWER: IV :

ANSWER: V :