

Q.1 Tick the correct answer. (5)

- (1) **Calcium / Magnesium** builds strong bones & teeth.
- (2) Water helps the body to **function / maintain** well.
- (3) **Plant / Animal** proteins are easy to digest.
- (4) **Low / High** temperature preserve food.
- (5) Potatoes are rich in **fat / carbohydrates**.

Q-2 Write two sources of the given nutrients. (6)

- (1) Vitamin A - _____
- (2) Vitamin B - _____
- (3) Vitamin C - _____
- (4) Vitamin K - _____
- (5) Vitamin D - _____
- (6) Calcium - _____

Q.3 Answer the following questions. (4)

- (1) Write one advantage of cooking food.

Ans. : _____

- (2) What are the sources of protein ?

Ans. : _____

- (3) Write two method for preserving food.

Ans. : _____

- (4) Define balance diet.

Ans. : _____

Q.4 Write two examples of each. (5)

- (1) Food rich in protein : _____
- (2) Food rich in fat : _____
- (3) Protective food : _____
- (4) Food rich in carbohydrate : _____
- (5) Food rich in roughage : _____
