



Name - _____

Div - _____

SUBJECT: Science

Prepared by: Ms. Shweta N.L.No. 1 Topic : Food we eat

Q1. Fill in the blanks:

1. Cooking makes food _____

2. Food can be either eaten _____ or can be _____

3. For organ systems to work properly, we need special substances called _____

4. About _____ of our body weight is water.

5. The food we eat everyday is called our _____

Q2. Name the following:

1. Name any two methods of food preservation.

Ans: _____

2. Write any two examples of carbohydrates.

Ans: _____

3. Give two examples of roughage.

Ans: _____

Q3. Answer the following:

1. Name two nutrients that keep the body warm.

Ans: _____

2. Name any two microbes.

Ans: _____

3. Why is roughage important?

Ans: _____

4. How can microbes be useful to us?

Ans: _____

5. Why does our body need vitamins and minerals? Name two important minerals needed by our body.

Ans: _____

