

CLASS: IV

L-5 FOOD

WORKSHEET



Name: _____ sec: _____ Date: _____

Answer in one word.

1. The main food that people eat. _____
2. Rice with its cover. _____
3. To cut and gather plants. _____
4. We add these to our food to give flavour. _____
5. A place where milk is collected from farmers, purified and sold. _____
6. Birds that people keep for meat and egg are called. _____
7. A place where birds are kept for meat and eggs. _____
8. Water bodies in which fishes are grown. _____

Choose the correct answer.

1. Wheat, rice and maize are _____ of plants.
a. Stems b. seeds c. fruits
2. Pulses grow inside _____, which are the fruit of plants.
a. Pods b. leaves c. fruits
3. Turmeric, garlic, ginger are _____.
a. Roots b. underground stem c. fruits
4. Overeating leads to _____.
a. Good health b. proper digestion c. indigestion
5. Raisins and cashews are _____.
a. Pods b. fruits c. seeds
6. Dry fruits like Walnuts, pistachio and almonds are _____.
a. Seeds b. fruits d. vegetable

Write true or false.

1. Chocolates are made from coffee seeds. _____
2. Oil is made by pressing oil seeds in an oil mill. _____
3. Eating well means eating food that helps you grow and stay healthy. _____
4. Chilli is a vegetable. _____
5. Growing children need a lot of food rich in calcium. _____

Write any two healthy eating habits.

Classify the given food items as Energy rich food, Food for growth or Food for health.

