

Name: \_\_\_\_\_ Grade: IV Branch: \_\_\_\_\_ Date: 24/04/20

## Subject: Science

### Topic: Balanced Diet

**Definition:** *A diet that contains all the nutrients in the right amount for the proper functioning of our body.*

#### I Answer the following questions:

1. Name the nutrients present in the food?
2. What do you think about having a right posture?
3. Create a Food Pyramid.
4. Plate – A: Rice Pulao, Chapati, Potato curry, Mango juice, Sweet Lassi  
Plate – B: Dal Curry, Steamed vegetables, Rice pulao, Fruit Salad, Curd.  
Which one is a healthier plate? Give reason.
5. Cross the odd one. Give reason:  
Oats, Fish, Cabbage, Corn
6. Why are vitamins and minerals called protective foods?
7. Why do fats make us obese, when eaten in large amounts?
8. Imagine if there is no fiber in the food you take. What Consequences are going to take?
9. List the diseases caused due to the lack of Nutrients.
10. Take a wrapper of any food item (like chips, biscuit packet) and write the ingredients and nutrients present in it.