

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?

A. Carbohydrates, Fats, Proteins, Vitamins, and Minerals.

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.

A. Plate – B is a healthier plate, as it contains all the nutrients.

5. Cross the odd one. Give reason:

Oats, Fish, Cabbage, Corn (Fish is rich in Proteins)

9. List the diseases caused due to the lack of Nutrients.

A. Night blindness, Goiter, Anemia, Scurvy, Rickets, etc.,

Note: Answers for the Question No: 3,6,7,8,10 varies from student to student depending on the Creativity/Imaginary/Understanding/Observation/Analysis.