

Name: \_\_\_\_\_ Grade: III Branch: \_\_\_\_\_ Date: 25/04/20

## Subject: Science Key

### TOPIC: FOOD GROUPS



Q.1. What is a balanced diet?

A. A diet consisting of a variety of different types of food and providing adequate amounts of nutrients necessary for good health.

Q.2. Which food group will help us to clean our digestive system?

A. Water food group will help us to clean our digestive system.

Q.3. Match the picture and word:

 <small>shutterstock.com • 630239534</small>	<p><b>Carbohydrates</b></p>
	<p><b>Proteins</b></p>



**Vitamins & Minerals**



**Fats and oils**



**Fiber**

Q.5. Give two examples for fats & oils.

A. **Butter and Cheese**

Q.6. What are Dairy Products?

A. **Dairy products are the products which are obtained from milk.**

Q.7. Why a balanced diet is important?

A. **A balanced diet is important because organs and tissues need proper nutrition to work effectively.**