I. Name all the nutrients that our body requires in the circles given below..
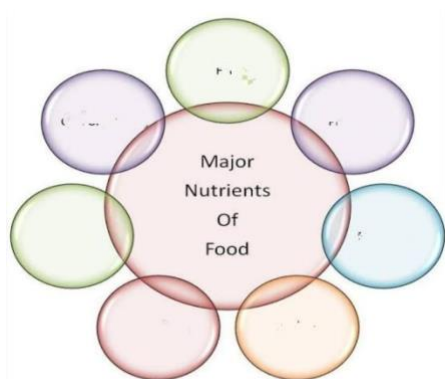
II.Give two examples of food that contain the following nutrients .

1. **Energy giving food** - _____, _____

2. **Body building food** - _____,_____

3. Vitamins - _____,_____

4. Fats - _____,_____

5. Minerals - _____, _____

6. Roughage - _____,_____

III.According to a survey, an estimated one third of all food is lost or wasted worldwide as it moves from where it is produced to where it is eaten even as more than 800 million people are under nourished.

Suggest some ways that you have adopted to reduce food wastage .

Ans._____

IV. CASE STUDY

Kevin is a 9 years old boy who enjoys playing football and videogames. He eats three meals a day and often snacks between meals.

KEVIN'S DAILY MEAL :

- **Breakfast: Sugary cereals with milk**
- **Lunch : French fries and cold drink**
- **Snacks: Chocolate bar**
- **Dinner: Pizza with extra cheese**

Read the lines and answer the questions.

Q.1.Is Kevin's diet balanced ?Why or Why not?

Ans. _____

Q.2. What healthy foods can Kevin include in his meal?

Ans._____

Q.3. Why is it important to eat fruits and vegetables daily?

Ans._____

V. Multiple choice questions

1. Percentage of water in cucumber is –

a) 91%.   b) 92%.   c) 94%.   d) 96%

2.Going to far off places to escape the cold winter and returning in summer.

a) migration.   b) hibernation.   c) both.   d) none of these

VI. Distinguish between arboreal and aerial animals.Draw and label one one example of each.

VII. Give reason.

1.Rahul is suffering from constipation.His grandmother suggests him to eat a lot of salad and fruits.How will that be helpful?

2.Teeth of herbivores are strong,broad and flat.Why?

VIII.Define

1.Habitat

2.Nutrients.