L # 3 FOOD IS LIFE L # 4 A PERFECT SHELTER

A] <u>FILL IN THE BLANKS.</u>

1. The	in the	air	spoil	the	food.
			1		

2. _____ destroys the nutrients present in the food.

3. Both carbohydrates and fats are ______ foods.

4. Vitamins and minerals are ______ nutrients.

5. _____are also called as body- building nutrients.

6. ______ is the fibre present in the vegetables and fruits.

7. A tent made up of animal hide is called ______.

8. Independent houses with gardens or lawns are called ______.

9. An ideal house must have ample number of doors and windows for proper ______.

10. Sunlight kills the ______ and disinfects the house.

B] <u>CHOOSE THE CORRECT ANSWER.</u>

1. Preservation of milk is d	one by	
(a) Salting	(b) freezing	(c) boiling
2 makes up	nearly 70% of our body weight	
(a) Water	(b) Fats	(c) Carbohydrates
3 helps us to	keep our bones and teeth strong	у. Э
(a) Chocolates	(b) Calcium	(c) cold drinks
4. Stilt houses are built in a	reas prone to	
(a) earthquakes	(b) floods	(c) diseases
5. People living in hot and	dry climate prefer to live in	
(a) caravans	(b) houseboats	(c) clay or mud house
C] <u>WRITE TRUE OR FAI</u>	<u>.SE.</u>	
1. Cooking kills the germs	present in the food.	_

2. Vitamins give us lot of energy. _____

3. Food should not be overcooked.

4. Mud and straw roof keeps the house cool in summers.

5. Kutcha houses are stronger and more durable.

D] NAME THE FOLLOWING.

- 1. The scientist who discovered the process of Pasteurisation.
- 2. Two protein rich foods.
- 3. Two methods which increase the nutritive value of food.
- 4. Two important minerals required by our body.
- 5. Two temporary houses

E] MATCH THE FOLLOWING.

- 1. Canning (a) potato chips
- 2. Freezing (b) pickles
- 3. Drying (c) milk
- 4. Salting (d) jams
- 5. Boiling (e) meat

F] CHOOSE THE CORRECT OPTION.

a) Both A and R are true and R is the correct explanation of A.

- b) Both A and R are true but R is not the correct explanation of A.
- c) A is true but R is false.

d) A is false and R is true.

Assertion (A) : We do need to preserve any food item.

Reason(R): Preservation does not let food items get spoilt.

Ans : _____

Assertion (A) : People live in tents while camping. Reason(R): Tents are temporary houses made of canvas. Ans : _____

G] Write 'E' for energy giving, 'B' for body-building and 'P' for protective foods.

