



Ln.1 - Sources of food

Subject: Science

WORKSHEET 1

Date: 08.07.22

I. Match The Following:

S.no	Column A	Column B
1.	Milk, curd, paneer, ghee	a. eat other animal
2.	Spinach, cauliflower, carrot	b. eat plants and plant products
3.	Lions and tiger	c. are vegetables
4.	Herbivore	d. are all animal products

II. Fill In The Blanks:

1. Tiger is a because it eats only meat.
2. Deer eats only plant products and so, is called
3. Parrot eats only products.
4. The that we drink, which comes from cows, buffaloes and goats is an animal product.
5. We get sugar from

III. Tick the Correct Option:

1. Animals provide us with:
a) meat b) milk c) eggs d) all of these
2. Radishes and carrots are:
a) stems b) leaves c) flowers d) roots
3. Rice; roti, sambar and vegetables are examples of:
a) ingredients b) food c) animal products as food d) all of these
4. Which part of cabbage is used as food?
a) Leaves b) Stems c) Roots d) Fruits
5. Vultures and crows are:
a) Scavengers b) Carnivores c) Omnivores d) Herbivores
6. What are heterotrophs?
a) Plants b) Animals c) Both animals & plants d) None of these

IV. State True or False:

1. Potato and onion are modified stems which grow below the ground.
2. Plants are also called consumers.
3. All green plants make their food in leaves.
4. Plants are herbivores.
5. Deer are scavengers.
6. Animals provide us milk, meat, and wool.

V. From all the food items you have listed in the Table V under question , choose those items whose ingredients are obtained from plants. Which part of a plant? Identify these and list the food items and plant parts as shown in the following table:

1. Brinjal gravy
2. Carrot beans vegetable sauté
3. Coconut chutney

Plant parts as Food:

Food item with plant as the major source	Ingredients/source	Plant part which gives us the ingredient
1. Brinjal curry	Brinjal	Fruit
	Chilli as spice (any other)	Fruit
	Oil from groundnut, mustard, soybean, any other plant	Seed
2.		
3.		

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WORKSHEET 2

Date: 08.07.22

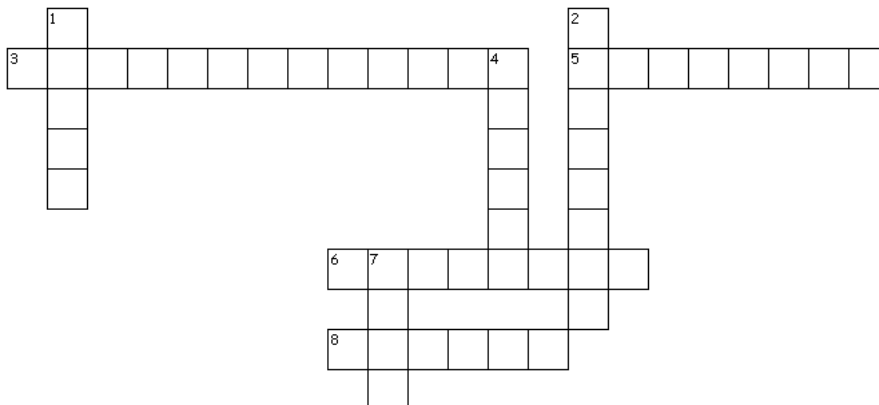
I.Fill in the Blank

1. Sea Food is a rich source of _____.
2. _____ helps in protecting our body against diseases.
3. _____ is essential for forming haemoglobin in the blood.
4. Food containing _____ are often called the body building foods.
5. vitamin _____ keeps our skin healthy.
6. Wounds take longer time to heal when we have deficiency of _____.
7. _____ for the body should contain a variety of food items.

II.Give one food source for the following minerals

- 1.Calcium
- 2.Fluorine
- 3.Iron
- 4.Glucose
- 5.Phosphorus

III. Complete the cross word puzzle.



Across

3. They are oxidised in the body into simple sugars like glucose.
5. They are also known as Dietary fibres
6. They are chemical substances that help in maintaining a healthy body
8. Proper functioning of thyroid gland.

Down

1. It protects us from dehydration.
2. They act as building blocks and serve as materials helping in growth and repair of the body cells and tissues.
4. It is required to carry nerve impulses in the body
7. it is required for Formation of haemoglobin in red blood cells.