

## Lesson 1

### Revision worksheet – 1

1. Sweet potato, honey and sugar are rich in \_\_\_\_\_ which provides energy.
2. Oranges, melons, mangoes, berries are rich in vitamin \_\_\_\_.
3. \_\_\_\_\_ are a rich source of energy and help us absorb many vitamins.
4. Vitamin A and vitamin E help us have \_\_\_\_\_.
5. Vitamin D is required for healthy \_\_\_\_\_ and \_\_\_\_\_.
6. Iron helps us have healthy \_\_\_\_\_.
7. Food containing \_\_\_\_\_ and \_\_\_\_\_ are called protective food.
8. Body-building foods are rich in \_\_\_\_\_.
9. \_\_\_\_\_ contains vitamin A, vitamin K and vitamin E.
10. \_\_\_\_\_ has proteins, fat and iron.

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### Revision worksheet – 2

1. List down all the nutrients present in spinach, milk and melons.
2. List two sources of proteins obtained from plants and two from animals.
3. List the different nutrients present in the foods we eat.
4. Shaun does not like eating carrots and spinach. What are the nutrients that he may miss in his diet?
5. What will you supplement your food with, if your wounds take a long time to heal? Name three food sources.
6. List foods that are rich in vitamin B.
7. List foods that are rich in both carbohydrates and fibre.
8. What are the common sources of plant proteins and animal proteins? How are animal proteins different from plant proteins

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### Revision worksheet 3

Choose the correct answer.

1. Which among the following is not a source of proteins

- Eggs
- Chicken
- Chickpeas
- Sugar

2. Which of the following is not a source of iron?

- Meat
- Almonds
- Spinach
- Raisins

3. Which of the following is not a source of fats?

- Yogurt
- Spinach
- Ghee
- Pistachio

4. Which one of the following is not a function of vitamin C?

- Helps us heal wounds
- Helps us fight diseases
- Helps us have good eyesight
- Helps us have healthy gums

5. Which of the following statements is true for vitamins?

- Rich energy source
- Help us keep hydrated
- Protect us from illness
- Help us absorb nutrients

6. Which of the following statements is true for fats?

- Keeps our skin soft
- Helps us absorb vitamins
- Rich energy source
- Helps us heal wounds

7. Which of the following is a source of vitamin A and E?

- Green leafy vegetables
- Avocados
- Nuts
- Spinach

8. Fibre is present in \_\_\_\_\_.

- sugar
- lentils
- cereals
- eggs