



Name: _____

Roll No: _____

Date: _____

Grade/Div.

Sub.

Sr. No.

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02

Unit 2 – Our Food

I. Circle the correct answer.

1. Which of the following food do we get from plants?

rice

milk

salt

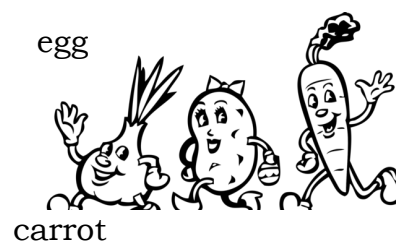
egg

2. Which of the following food do we get from animals?

spinach

egg

apple



II. Name the following.

1. Two cereals obtained from plants.

A.

2. Two plants from which oil is obtained.

A.

3. Two spices obtained from plants.

A.

III. Identify whether the food is from a plant or an animal source.



IV. Arrange the given food items according to the food groups.

apple, dal, cabbage, sugar, milk, carrot, rice, meat, butter

| Energy-giving food | Body-building food | Protective food |
|--------------------|--------------------|-----------------|
| | | |
| | | |
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| | | |

VI. Write the correct preservative method for the following food items.

1. Milk-
2. Chips –
3. Pickles –

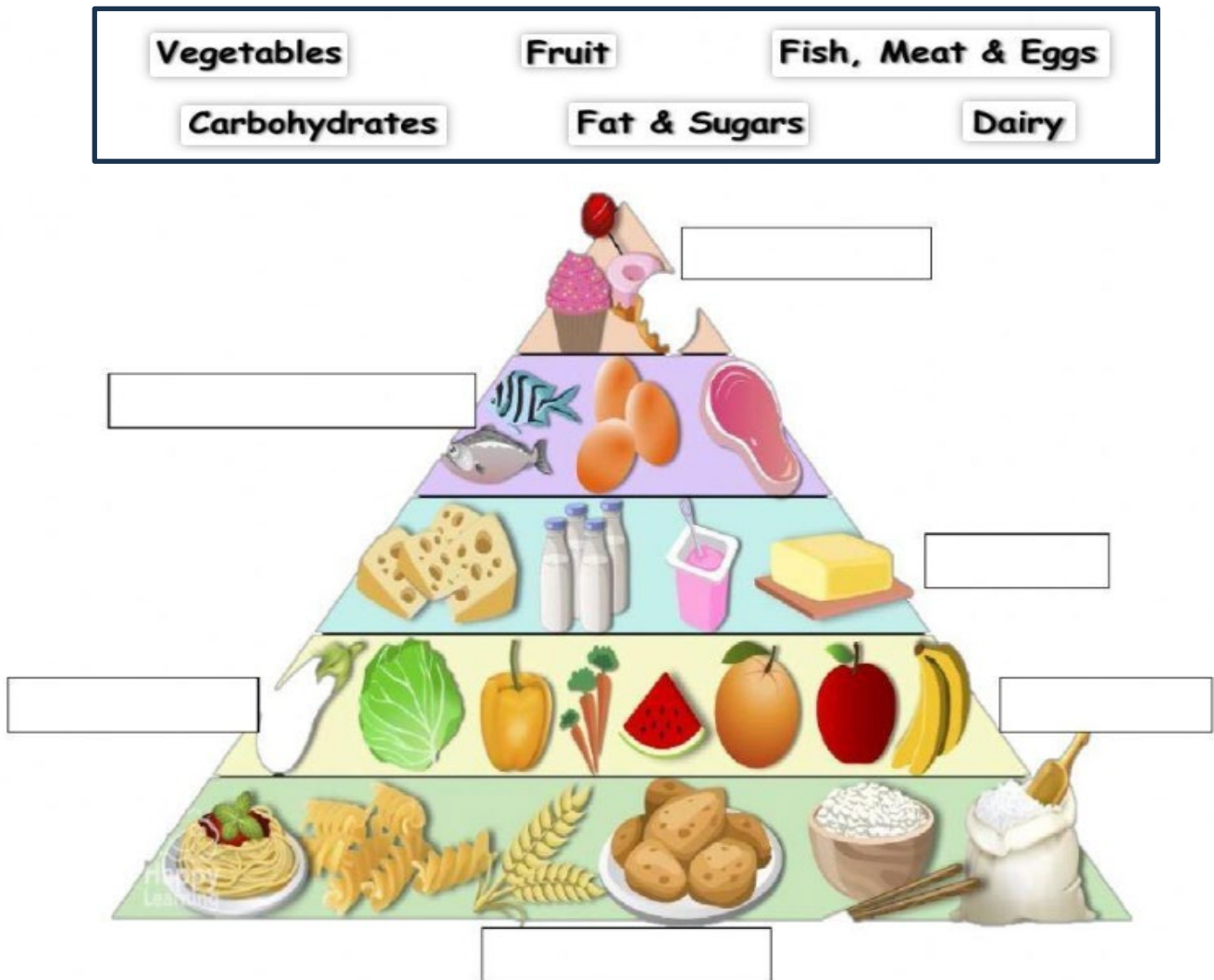
VII. Put each food in the correct nutrient group.

(Bread, Butter, Meat, Orange, Egg, Spinach)

| <u>Carbohydrates</u> | <u>Proteins</u> | <u>Vitamins and Minerals</u> | <u>Fats</u> |
|----------------------|-----------------|----------------------------------|-------------|
| | | | |

VIII. Observe the given Food Pyramid and answer the questions.

a. Label the different food groups in the pyramid by using the help box.



b. Which food group should be consumed least in our diet?

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c. How many servings of Vegetables one must eat in a day?

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d. State the function of the Cereal group in your diet.

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