

I. Choose the correct answer.

(10× 1 = 10)

- The Vitamin present in Carrot is _____
a) Vitamin-K b) Vitamin-A c) Vitamin-D d) Vitamin-E
- Bread, Wheat and Potato are rich in _____
a) Fats b) Carbohydrate c) Protein d) Roughage
- A balanced diet contains _____
a) Carbohydrates and Vitamins b) Proteins, fats and minerals
c) Fibre and water d) All the above
- Which of these things are Bad for you?
a) Eating green vegetables
b) Washing vegetables before cutting them
c) Eating lot of fat food items d) Eating lot of pulses
- _____of the water in the entire Earth is freshwater.
a) 3% b) 0.3% c) 30% d) 40%
- Which is the main source of water?
a) Lake b) Sea c) Rain d) Pond
- By _____water, we can kill the germs.
a) Boiling b) Cooling c) Filtering d) Freezing
- Which of these is not true?
a) Plants and animals need water too
b) We should always waste water
c) We should use water carefully
d) Water is precious
- At 12.40 pm, the school bell rings to announce _____break
a) Breakfast b) Lunch c) Dinner d) Snacks
- _____is modern food.
a) Ragi Ball b) Thinai c) Burger d) Kambu

II. Fill in the blanks.

(6× 1 = 6)

- _____is the second meal of the day.
- Food rich in _____are called Body-building food.
- The largest sources of water on the earth is _____
- Water that collects in low lying areas is called _____
- Drinking water is known as _____
- World Water Day is observed on _____

III. Write True or False.

(6× 1 = 6)

- Saving water is our duty _____
- Always close the water tap while brushing teeth _____
- Panruti is famous for mango _____

4. Carrot contains Vitamin A _____

5. Food builds our body _____

6. Tirunelveli is famous for tea _____

IV. Match the following.

(5× 1 = 5)

- | | |
|---------------------------|------------------------|
| 1. Carbohydrates and fats | - Potable water |
| 2. Protein | - Cholera |
| 3. Water Borne Disease | - Storing water |
| 4. Drinking water | - Energy giving food |
| 5. Water Tank | - Supports body growth |

V. Answer in one word.

(5× 1 = 5)

- Which nutrient is present in coconut oil?
- Mention any one South Indian food Items.
- What is the main source of water?
- How much percentage of fresh water is present in the Earth?
- Salem is famous for _____

VI. Name the following.

(4× 2 = 8)

- Proteins : _____, _____
- Uses of water : _____, _____
- Fats : _____, _____
- Name any two healthy foods : _____, _____

VII. Scictionary.

(2× 2 = 4)

- Balanced Diet :
- Water Borne Disease :

VIII. Answer the following. (Any 5)

(5× 3 = 15)

- What is food?
- What are the three main meals we eat every day?
- List out the uses of water.
- Write some sources of water.
- Write the symptoms of Dengue fever
- What are the different varieties of Ragi food?
- How is water important to our life?

IX. Answer in detail.

(2× 5 = 10)

- Write the advantages of Home Garden.
- Write the methods to prevent wastage of water.

X. Inventor and Invention.

(1× 1 = 1)

- _____discovered first popular diet which was named Banting in the year 1863 (William Banting/ Henry Cavendish)

XI. Diagram.

(2× 2½ = 5)

- Draw any two food items that are rich in Vitamins
- Draw any source of water.