



परमाणु ऊर्जा शिक्षण संस्था

Atomic Energy Education Society

कार्यपत्रक उत्तर कुंजी / Worksheet Answer Key (2025-26)

कक्षा /Class: 4 विषय /Subject: TWAU माह/Month : August

दिया गया पाठ्यक्रम/Portion covered: Chapter-5 Food for Health

Section – A : OBSERVATION AND REPORTING (15 marks)

1. Fill in the gaps with the correct answer.

(6 x 1 = 6)

- a. Karnataka
- b. 6
- c. Body-Building
- d. Junk
- e. good
- f. sunlight

2. Write True or False.

(5 x 1 = 5)

- a. True
- b. False
- c. True
- d. True
- e. False

3. Write a short note on the following.

(2 x 2 = 4)

- a. Importance of water in our diet.

Water helps in digesting food, and in keeping our skin and body healthy.
Water helps in removing waste from our body through urine, sweat and faeces.

- b. Balanced food

A balanced food includes food in the right quantities from all three food groups – protective foods (fruits and vegetables), the most, followed by

body- building foods and some energy-providing foods. This helps us keep healthy, active and happy.

Section – B : IDENTIFICATION AND CLASSIFICATION (12 marks)

4. Answer the following. (5 x 1 = 5)

- a. Surabhi's grandmother used to eat jowar and bajra roti in winters and jau roti during summers.
- b. Junk Food is not healthy. It contains high amounts of oil, salt, sugar etc.
- c. Our body requires a variety of food items to stay healthy, energetic and strong. Food is required for balanced growth of our body. Since no single food contains all the nutrients our bodies need, it is important to eat a variety of foods.
- d. It does not pollute the environment as it doesn't produce any smoke or ash.
- e. A chef is a professional cook who is skilled in all aspects of food preparation. The term 'Chef' in French means a director or head of the kitchen.

5. Write the difference between. (2 x 1 = 2)

Protective Foods	Energy Giving Foods
The foods which help us to fight against and protect from diseases.	The foods which are rich in energy and also provide energy to our body.

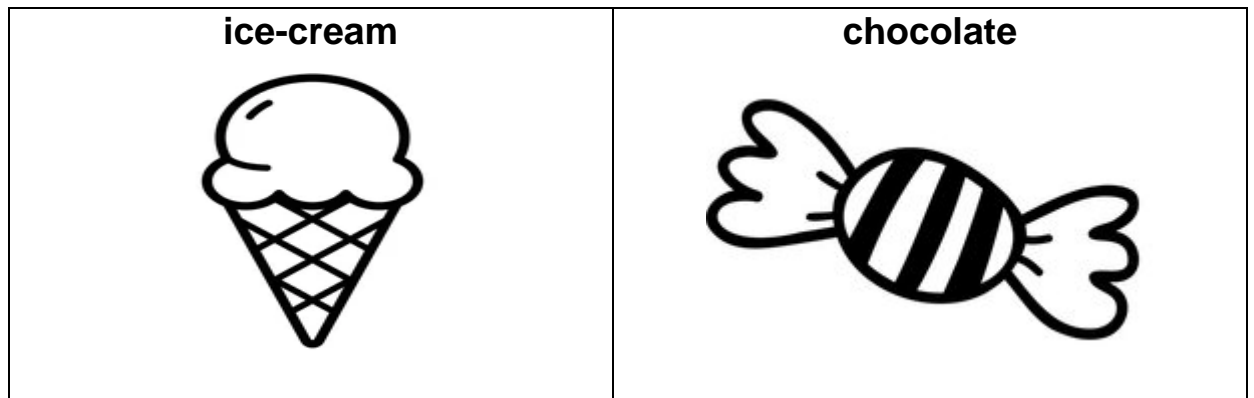
6. Give an example of the ingredients or food items that match each of the tastes listed below? (6 x ½ = 3)

Sweet	Sour	Salty	Pungent	Bitter	Astringent
Jaggery	Tamarind	Salt	Green chilli	Neem	Raw mango

(Varied responses)

7. Draw any two junk food and also write the names. (2 x 1 = 2)

(Varied responses)



Section – C : DISCOVERY OF FACTS (13 marks)

8. Name any two. (5 x 1 = 5)

- a. Fruit chaat, vegetable salads
- b. Watermelon, cucumber
- c. Energy-giving Food , Body-Building Food
- d. Jowar Upma, Raggi Laddoo
- e. Breakfast, Lunch

(Varied responses)

9. Match the following. (6 x ½ = 3)

- | | | |
|-------------|-----------|-------|
| a. Boiling | cakes | (f) |
| b. Steaming | rice | (a) |
| c. Frying | popcorn | (d) |
| d. Roasting | idiyappam | (b) |
| e. Grilling | puri | (c) |
| f. Baking | chicken | (e) |

10.Circle the odd one out. (4 x ½ = 2)

- a. lemon
- b. tomato
- c. cheese

d. pizza

11. Locate the following states in the given map. (3 x 1 = 3)

a. Andhra Pradesh , b. Karnataka , c. Telangana

