



परमाणु ऊर्जा शिक्षण संस्था

Atomic Energy Education Society

कार्यपत्रक / Worksheet (2025-26)

कक्षा /Class: 4 विषय /Subject: TWAU माह/Month : August अंक/Marks: 40

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

विद्यार्थी का नाम/Name of the student: _____

अनुक्रमांक/Roll No. _____ कक्षा/अनुभाग Class /Sec.: _____ दिनांक /Date: _____

Section – A : OBSERVATION AND REPORTING (15 marks)

1. Fill in the gaps with the correct answer. (6 x 1 = 6)

- Ugadi Pachadi is a traditional food of _____.
(Kerala / Karnataka)
- In Ayurveda, there are _____ tastes. (6 / 7)
- Foods which help us grow, build our muscles, and make us strong are known as _____ food. (Energy Giving / Body-Building)
- Say 'No' to _____ food. (Junk / Balanced)
- Eating balanced food is _____ for health. (bad / good)
- We can cook food in a solar cooker by using _____.
(sunlight / electricity)

2. Write True or False. (5 x 1 = 5)

- It is important to check labels before buying or eating packaged food items.
()
- Idli is prepared by roasting. ()
- Drinking sufficient water should be a part of our healthy habits. ()
- The six tastes are known as shad rasa. ()
- Fresh home-cooked food is worse than over-processed or packaged food.
()

3. Write a short note on the following.

(2 x 2 = 4)

a. Importance of water in our diet.

b. Balanced food

Section – B : IDENTIFICATION AND CLASSIFICATION (12 marks)

4. Answer the following.

(5 x 1 = 5)

a. What did Surabhi's grandmother use to eat to during summers and winters?

b. Why do you think we should avoid eating junk food?

c. Why do we need to eat different kinds of food items?

d. How is solar cooker useful to us?

e. Who is a 'Chef'?

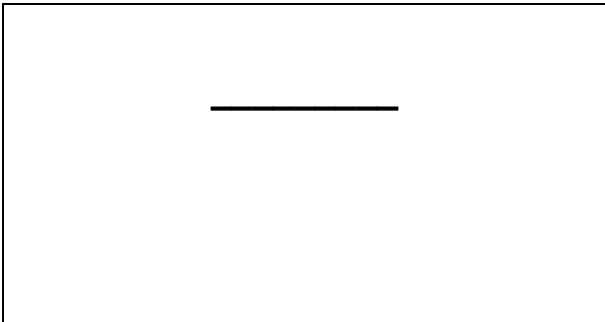
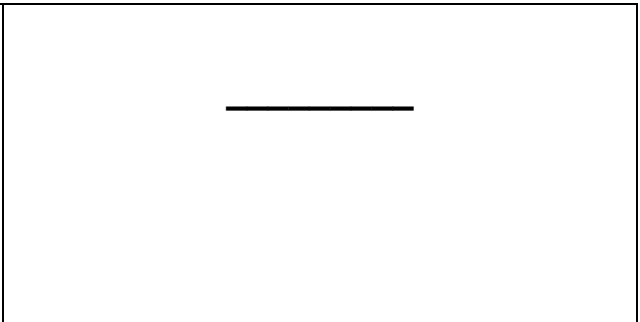
5. Write the difference between. (2 x 1 = 2)

Protective Foods	Energy Giving Foods

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

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

	
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Section – C : DISCOVERY OF FACTS (13 marks)

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

- Food items which can be eaten without cooking _____
- Water – rich fruits _____
- Food groups _____
- Food items in the stall of super food _____
- Meals of the day _____

9. Match the following.

(6 x ½ = 3)

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

10.Circle the odd one out.

(4 x ½ = 2)

- a. rice , wheat , lemon , maize , potato (*Clue: Energy-Giving Food*)
- b. meat , tomato , fish , almonds , eggs (*Clue: Body-Building Food*)
- c. carrot , orange , cheese , papaya , guava (*Clue: Protective Food*)
- d. fruits , vegetables , nuts , pizza , milk (*Clue: Healthy Food*)

11. Locate the following states in the given map.

(3 x 1 = 3)

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

