



SNS academy

an International CBSE Finger Print School
Coimbatore



Name :

Date :

Grade :

Worksheet

Submission Date :

Subject : Biology

Parent's sign :

1. Which of the following labeled boxes contain protective food?



A) P and Q only B) Q only C) R only D) Q and R only

2. Which of the following vitamins and their deficiency disease is NOT correctly paired?

A) Vitamin A → Night blindness B) Vitamin B1 → Scurvy
C) Vitamin B12 → Anaemia D) Vitamin D → Rickets

3. Roshan wants to build his muscles and thus joined a gymnasium for it. What changes should Roshan make in his diet to build strong muscles?

A) Eat more carbohydrates rich food. B) Eat more vitamin rich food.
C) Eat more protein rich food. D) Eat more fat rich food.

4. Which of the following examples of food under P, Q and R is correct?

P: Supplies materials for building cells
Q: Supplies a lot of energy
R: Supplies high dietary fiber

A) P- fish, Q- Lettuce, R- Palm oil

B) P- Butter, Q- Lettuce, R- Fish

C) P- Mutton, Q- Utter, R- Bean sprout D) P-Butter, Q- Mutton, R- Palm oil

5. Which of the following statements is/are correct with regard to our diet?

A) Eat a diet rich in carbohydrates and proteins. B) Drink plenty of water

C) Eat green vegetables every day. D) All of these

6. Priya placed two drops of a liquid on cooked rice which turned the rice blue- black. What could be the liquid?

A) Vegetable oil B) Iodine solution C) Benedict's solution D) Nitrate solution

7. Which one of the following Vitamins deficiency leads to bleeding of gums, slow healing of wounds and aching limbs?

A) Vitamin A B) Vitamin B C) Vitamin C D) Vitamin D

8. Which of the following vitamins is present in the given substances?



A) Vitamin E B) Vitamin D C) Vitamin K D) Vitamin C

9. Which of the following is/are the functions of water?

A) It keeps our skin moist B) Regulate body temperature

C) Transport the byproducts D) All of these

10. Which of the following options contain a healthy diet?

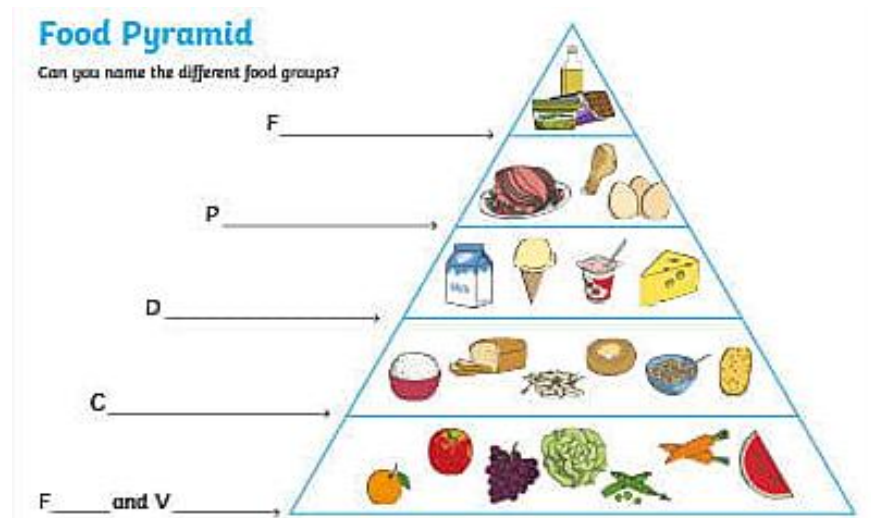
A) A variety of foods each day, such as fruits and vegetables, whole grain bread and cereal, meat, dairy products, dry peas, beans, nuts and water.

B) Fat and cholesterol are found in meat, egg, butter, cream and liver.

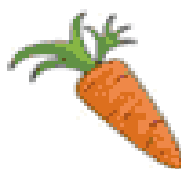
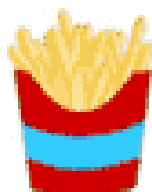
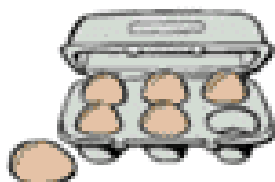
C) Vegetables, deep fried food such as potato chips and alcoholic drinks.

D) Snacks, candy and soft drinks

11. Complete the pyramid.



12. Identify the food and write its nutrient



— — —