

Name : \_\_\_\_\_ Std. : \_\_\_\_\_ Roll No. : \_\_\_\_\_ Date : \_\_\_\_\_

## OUR DIET

**Learning Focus: What is diet**  
**Diet differs for different reasons**  
**A healthy Diet**

This worksheet relates to Lesson 13 of the textbook



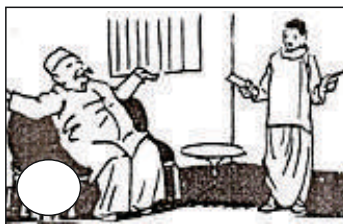
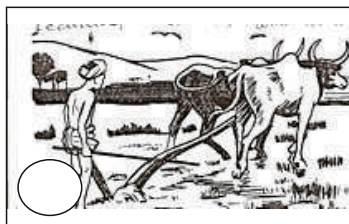
### I A. Fill in the blanks to complete the sentences.

1. When we are running a temperature we should have \_\_\_\_\_.
2. We should never \_\_\_\_\_ food.
3. Bodily growth is very rapid when we are \_\_\_\_\_.
4. To be \_\_\_\_\_ we must take care of our \_\_\_\_\_.
5. Pepsi, colas are not good for \_\_\_\_\_.
6. Our \_\_\_\_\_ determines how much we eat.

### I B. Tick (✓) 'T' for TRUE or 'F' FALSE next to each statement.

1. A woman needs more food when she does physical work. T / F
2. During festivals, special dishes are prepared . T / F
3. It is good to eat outside food everyday. T / F
4. Growing children must eat little food. T / F
5. Raju's mother gives him dahibhat everyday, when he comes home from school . T / F
6. Grandpa and Grandma are old, so they eat less food. T / F

### I C. Look at the pictures below. Write 'S' for Sedentary Work and 'P' for Physical Work in the 'circles' within the respective pictures.



### I D. – Name the following.

1. 3 things involving physical labour  
 \_\_\_\_\_
2. 2 crops which are used to make ' bhakari'  
 \_\_\_\_\_
3. A fruit which grows in the summer season  
 \_\_\_\_\_
4. 2 things to be included in our diet.  
 \_\_\_\_\_

## OUR DIET

### II A. – Give reasons for the following statements

1. Fish is an important part of the diet in the Konkan because \_\_\_\_\_  
\_\_\_\_\_
2. People in Punjab eat more chapattis because \_\_\_\_\_  
\_\_\_\_\_
3. Different dishes are prepared everyday because \_\_\_\_\_  
\_\_\_\_\_
4. Many food products advertised are not always good for health because \_\_\_\_\_  
\_\_\_\_\_
5. We should have yoghurt and buttermilk occasionally because \_\_\_\_\_  
\_\_\_\_\_

### II B. – Answer the following questions in your exercise book.

1. What makes up a 'diet'?
2. What causes diet to differ from person to person ?
3. Why do different people include different items of food in their diet ?
4. What are the differences between Home Food and Outside Food?

### II C. – Draw and colour 2 healthy food items and 2 junk food items, you like best.


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**INSIDE THE KITCHEN!****Learning Focus: Preparation of food items****Different types of fuel used for cooking**

This worksheet relates to Lesson 14 of the textbook

**I A.- Name the following on the lines provided**

A - 4 methods of cooking with 2 examples for each.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

B - 2 foods that are not cooked and what can be made from them.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

C - 2 modern inventions of cooking

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

D - Name 3 different kinds of stoves which make it convenient for cooking

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## INSIDE THE KITCHEN!

### II A. – Give reasons for the following statements.

1. We cook food \_\_\_\_\_  
\_\_\_\_\_
2. Wood or coal as fuel cause harm \_\_\_\_\_  
\_\_\_\_\_
3. Hot plates are convenient to use \_\_\_\_\_  
\_\_\_\_\_
4. We must have windows in the kitchen \_\_\_\_\_  
\_\_\_\_\_

### II B. - Answer the following questions.

1. Which is a combustible substance- water or camphor? Why? \_\_\_\_\_  
\_\_\_\_\_
2. What is 'fuel'? \_\_\_\_\_  
\_\_\_\_\_
3. Why do people prefer cooking on gas? \_\_\_\_\_  
\_\_\_\_\_

### II C. - In what form do you like the following fruits? Put them in the Column of your preference.

Watermelon, mango, banana, strawberry, apple, chickoo, orange, sweetlime, custard apple

JUICE	SHAKES	ICE CREAM

### II D. – Tick ( ✓ ) the option you prefer while eating the following foods.

1. Peanuts (plain/roasted)
2. Papads (roasted /fried)
3. Potato (fried / boiled)

### II E. – Prepare a snack of your choice. Write the steps you followed, in your exercise book.