

Name :

Class :

Section :

Roll No.

I. Answer the following questions.

(5 x 2 = 10)

- 1) What are the symptoms of diarrhoea ?

- 2) What is a balanced diet ?

- 3) How is the water eliminated from our body ?

- 4) What is meant by decantation ?

- 5) Name some methods of cooking food.

II. Fill in the blanks with suitable words.

(4 x 1 = 4)

- 6) Mosquitoes breed in water.
- 7) Carbohydrates are called foods.
- 8) Eggs and meat are rich in
- 9) Our body consist of % water.

III. Choose the correct answer and write the letter of the correct answer in the box.

(4 x 1 = 4)

10) This source of water is safe for drinking

A) well water

B) lake water

C) canal water

11) Oral Rehydration solution consists of salt and sugar in the ratio

A) 1 : 3

B) 1 : 8

C) 8 : 1

12) This is the main source of water

A) rain water

B) well water

C) river water

13) Over cooking of food results in

A) increasing the food value

B) increase in taste

C) loss of nutrients

IV. Write True or False for the following.

(3 x 1 = 3)

14) A child suffering from diarrhoea becomes weak.

15) Spoiled food causes disease.

16) Chlorine is added in water to make it tasty.

V. Match the following.

(4 x 1 = 4)

17) Waste water

a) protective foods

18) Mosquitoes

b) made by baking

19) Vitamins

c) malaria

20) Cakes

d) soak pit