**II UNIT TEST**

**Std : IVth**

**Subject : EVS**

**L no. 7. Food & Nutrition.**

**Hardwords :**

1.Nourishing 2.Ingredients

3.Constituents 4.Precaution

5.Foodstuffs 6.Healthy

7.Variations 8.Nutrients

9.Fibres 10.Tamarind

11.Elements 12.sour

**Q 1. Fill in the blanks:**

1. Fruits taste sweet because they contain **sugar**.

2. Rice, wheat, jowar, bajra are our **staple** foods.

3. The tiny peaks on our tongue are called **taste buds**.

**Q.2 Give reasons**:

1. We must take certain precaution while cooking the food.

Ans. While cooking food some of the nourishing ingredients can be lost. If the food is cooked for longer time, the constituents in the foodstuffs are lost. Therefore, we must take certain precaution while cooking the food.

2. Our body must be healthy.

Ans. All the functions of our body should go on smoothly. We should also have energy to do work. Growth and development is possible only due to good healthy. For all such reasons our body must remain healthy.

3. Just because we like them,we must not eat the same dishes all the time.

Ans. Variations in a diet ensure that our body gets all the different nutrients. It also brings variety and taste to our food.So we must have variation in our diet.

**Q.3 Answer the following questions in brief:**

1. What new thing did Monikatai tell about the tongue?

Ans. “Only one tongue can tell us many taste”, this new thing did Monikatai tell about the tongue.

2. Fruits are sweet. Does that mean that they contain only sugar?

Ans: Fruits do not contain only sugar but have many other constituents too. There are energy giving substances and fibres in the fruits.

3. Which food ingredients contain sour elements?

Ans: Lemon, tamarind, raw mangoes, tomato have sour elements.These are added to dishes of food to give a sour tatse.

**Q.4) Match the following.**

|  |  |
| --- | --- |
| **A Group** | **Answer** |
| Milk | butter |
| Sesame | Oil |
| Jowar | flour |
| chikoo | sugar |