

Name: _____ Date: _____

Energy and Food

Answer the following :

- Select the food item that can be made out of milk. (butter, cheese, ketchup, ice cream, pickle)
- From where we get energy to do our work? _____
- Which nutrient is important for growth and repair of the body?

- Which nutrients help us to fight against infection and diseases?

- _____ and _____ are energy giving nutrients.
- _____ is considered as a complete food as it contains almost all nutrients that a body needs.
- Dietary fibre is also known as _____.
- Junk foods are good for health. True / False
- Which mineral help in the formation of blood? _____
- Eating healthy food keeps us fit. True / False
- Coconut oil is rich in _____.
- Those who eat meat or fish or both are called _____.