



PAKISTAN URDU SCHOOL
REVISION WORKSHEET
UNIT- 3 (Food and a Balanced Diet)

NAME: _____

Class-IV

Q-1. (a) Fill in the blanks:

- i- _____ is the main source of quick energy for our body..
- ii- Eating a _____ diet helps us to be fit and healthy.
- iii- _____ and _____ are examples of carbohydrate.
- iv- _____ makes our bones and teeth strong.

(b) Write True and False:

- i- Egg is a source of fiber. []
- ii- We should take very little fats and sweet. []
- iii- We should drink maximum two glass of water daily. []
- iv- Breakfast is the most important meal of the day. []
- v- Exercise keeps the bones and muscles strong. []

Q-2. Answer the following.

I. How does fiber helps the body?

II. What do proteins for our body? Name four foods which have a lot of protein.

III. Why does our body need water?

Q-3. State the functions of following.

I- Protein:

II- Vitamins and minerals:

Q-4. Draw name and color any one food items from food groups

GRAIN-MEAT-FRUIT AND VEGETABLE

GRAIN	MEAT	FRUIT AND VEGETABLE