# Exercises

Remember • Understand

## A Tick ( ✓ ) the correct answer

• Remembering

1. Which nutrient mainly helps growth and repair?
   ☐ protein ☐ water ☐ fibre
2. Which part of a plant is the potato?
   ☐ root ☐ stem ☐ leaf
3. Most digested food is absorbed in the
   ☐ stomach ☐ small intestine ☐ food pipe
4. Which of these is a millet?
   ☐ ragi ☐ rice ☐ wheat
5. Which food tastes bitter?
   ☐ jaggery ☐ karela ☐ lemon

## B Fill in the blanks

• Remembering

fibre | saliva | energy | large intestine | fungi

1. Rice and roti mainly give us _____.
2. _____ wets food in the mouth.
3. Whole grains and fruit give us _____.
4. Water is taken back from undigested food in the _____.
5. Mushrooms belong to a group called _____.

## My gratitude chart

SEL • Relationship Skills

For one week, write the name of one person who helped bring food to you each day—a farmer, a vendor, a cook or a family member—and how you thanked them.

## C Write T for true and F for false

• Understanding

1. Our body needs energy even during sleep. ( )
2. Every food contains just one nutrient. ( )
3. Digestion begins in the mouth. ( )
4. Fibre is fully digested by our body. ( )
5. Taste alone tells us whether food is safe. ( )

Correct the false statements in your notebook.

## D Match the columns

• Remembering

| Column A | Column B |
|---|---|
| 1. Mouth | a. squeezes food down |
| 2. Food pipe | b. churns food with juices |
| 3. Stomach | c. absorbs digested food |
| 4. Small intestine | d. chews food, adds saliva |
| 5. Large intestine | e. takes back water |

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

## E Odd one out—give a reason

• Analysing

1. carrot · radish · potato · beetroot
2. milk · egg · honey · spinach
3. dal · paneer · chips · rajma
4. jowar · bajra · ragi · mango

## F Put the journey in order (1–6)

• Understanding

___ stomach ___ anus ___ mouth
___ large intestine ___ food pipe
___ small intestine

**Q.** Name one millet: _____

# Competency-Based Assessment

Case • Data • Real life

## J Case study: the food-fair lunch

• Applying

Leela takes plain rice and water. She can add **two** items from: dal, mixed vegetables, a sweet drink and extra rice. **Look at Fig. 1.7.**

1. Look at the picture. Which stall would you visit for protective foods?
2. Which two additions make Leela's meal more balanced?
3. Give one benefit of each addition.
4. A friend offers her a food she is allergic to. What should she do?



**Fig. 1.7** A school food fair.

## Recipe card: a millet dish

• Creativity

Ask an elder for a simple millet recipe such as ragi malt or bajra roti. Write the ingredients and steps on a card. Note one food group and one taste in it. Never cook without an adult.

**Q.** Saliva is made in the _____.

## K Label detective

• Analysing

**RAGI COOKIES**

**Net weight:** 100 g
**Ingredients:** ragi flour (40%), wheat flour, sugar, vegetable oil, milk solids, salt
**Date of manufacture:** 05/2026
**Best before:** 6 months from manufacture
**Store** in a cool, dry place.

1. Which millet is in these cookies?
2. Until which month are they best?
3. Ingredients are listed from the largest amount to the smallest. Which is the largest?
4. Name one ingredient we should eat less of.
5. Rahul finds this packet in January 2027. Should he eat the cookies? Explain.

## My Learning Check

SEL • Self-Awareness

| I can… | Yes | Not yet |
|---|---|---|
| trace food to its source | ☐ | ☐ |
| name nutrients and their work | ☐ | ☐ |
| plan a balanced meal | ☐ | ☐ |
| describe the journey of food | ☐ | ☐ |
| read a label and a data table | ☐ | ☐ |

## Write one habit

SEL • Responsible Decision-Making

that keeps food clean: _____

# Olympiad Practice

12 questions • choose the correct option

**Skills:** Q1–4 • Remembering Q5–8 • Understanding Q9–10 • Applying Q11 • Analysing Q12 • Critical Thinking

**1.** The body needs food even during sleep mainly to _____.
(A) get energy for life processes (B) stop breathing (C) change the taste of food (D) make more teeth

**2.** Which of these is a stem that we eat?
(A) Carrot (B) Spinach (C) Ginger (D) Peas

**3.** Proteins in food mainly help the body to _____.
(A) cool itself through sweat (B) give only energy (C) grow and repair itself (D) take back water

**4.** Rani eats only rice for lunch every day. Her meal mainly lacks _____.
(A) carbohydrates (B) a variety of nutrients (C) all energy (D) water in rice

**5.** A banana is a good snack before a race because it is rich in _____.
(A) calcium for bones (B) bile juice (C) fibre only (D) carbohydrates that give energy

**6.** Most digestion and absorption of food take place in the _____.
(A) mouth (B) stomach (C) small intestine (D) large intestine

**7.** Which is the odd one out?
(A) Jowar (B) Bajra (C) Ragi (D) Barley

**8.** Which is not a rich source of vitamin C?
(A) Rice (B) Amla (C) Guava (D) Lemon

**9.** Saliva in the mouth begins the digestion of _____.
(A) fats (B) starch (C) fibre (D) minerals

**10.** A whole fruit is a better everyday choice than fruit juice mainly because it has more _____.
(A) colour (B) fibre (C) salt (D) oil

**11.** A: Digestion begins in the mouth. R: Saliva starts changing starch into sugar.
(A) Both true, and R explains A (B) Both true, but R does not explain A (C) A true, R false (D) A false, R true

**12.** A: Taste alone tells us whether food is safe to eat. R: A food may have more than one taste.
(A) Both true, and R explains A (B) Both true, but R does not explain A (C) A true, R false (D) A false, R true

**OMR answer strip** Fill one bubble for each question with a dark pencil.

| | | | | | |
|---|---|---|---|---|---|
| 1. (A)(B)(C)(D) | 2. (A)(B)(C)(D) | 3. (A)(B)(C)(D) | 4. (A)(B)(C)(D) | 5. (A)(B)(C)(D) | 6. (A)(B)(C)(D) |
| 7. (A)(B)(C)(D) | 8. (A)(B)(C)(D) | 9. (A)(B)(C)(D) | 10. (A)(B)(C)(D) | 11. (A)(B)(C)(D) | 12. (A)(B)(C)(D) |

Scan for answers