Recordings of Online Teaching Sessions- 19.3.2020

To view the recordings of the online teaching sessions conducted on 19.03.2020,

click on **http://niitltd.adobeconnect.com/pil7u1f4qq3i/**

Food We Eat

Q1. Fill in the blanks.

1. Useful substances present in food that keeps us healthy are called _____.
2. All food that we eat either comes from plants or _____.
3. Proteins are also called _____ food.
4. Rice and potatoes are rich source of _____.

Q2 Name the five nutrients present in the food.

_____

_____

Q3Give two examples of foods that are rich in protein.

_____

Q4.Circle the food items that we get from plants.

Dry Fruits	Sugar	Fish	Milk
Coffee	Broccoli	Ice-cream	Butter

Q5. Draw or paste any three pictures of sources of fats.