



INDIAN SCHOOL DARSAIT  
EVS  
FUN WITH THE FAMILY &  
FOOD FOR GOOD HEALTH  
REVISION WORKSHEET-1



Class: IV Section : ....

Date:.....

Name:.....

Roll No:.....

I Underline the correct answer

1. On Raksha Bandhan sisters tie a \_\_\_\_\_ on the wrist of their brothers.  
a) Rakhi                      b) Thread                      c) Bracelet.
2. Cereals are rich sources of \_\_\_\_\_  
a) Vitamins      b) Fats      c) Carbohydrates
3. Leafy vegetables have a lot of \_\_\_\_\_ which helps to make blood.  
a) Calcium                      b) Iron                      c) Phosphorus
4. Tea and coffee are examples of \_\_\_\_\_  
a) Cereals                      b) Pulses                      c) Beverages

II Name the following :

- 1 The king of the world of communication- \_\_\_\_\_
- 2 The biggest four day festival of Bengalis- \_\_\_\_\_
- 3 A festival to mark the Punjabi new year - \_\_\_\_\_
- 4 Substances that are grounded and added to food for flavor and taste- \_\_\_\_\_
- 5 The green pigment that help plants in the process of photosynthesis- \_\_\_\_\_

III Explain the following terms :

1. "Couch potatoes"- \_\_\_\_\_  
\_\_\_\_\_
2. Junk food- \_\_\_\_\_  
\_\_\_\_\_
3. Republic- \_\_\_\_\_  
\_\_\_\_\_
4. Stomata- \_\_\_\_\_  
\_\_\_\_\_

IV Differentiate the following:

Carnivores.	Omnivores.
Religious festivals.	National festivals.
Energy giving food.	Body building food.
Producers.	Consumers.

V Answer the following:

1. How do people of Tamil Nadu celebrate Pongal?

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Complete the table:

Name of nutrient	What they do ?	Example for food containing nutrient
Fats	----- -----	Butter, Ghee
-----	Help to grow and repair cells.	Meat, fish, egg.
Vitamins & minerals	Develop immunity from diseases.	-----