Food for Health

Standard difficulty · 20 questions · 40 marks · Time: 54 minutes

Name: _____ Date: _____ Score: ____ / 40

Show your working for Sections B and C. Answers are on the last page — try every question first!

Section A — Choose the correct answer — 8 × 1 = 8 marks

1. Foods like rice, wheat, potato and ghee mainly give us:
   (a) body-building **(b)** nothing useful
   (c) protection from diseases **(d)** energy

2. Which of these is mainly a PROTECTIVE food?
   (a) papaya **(b)** fish **(c)** peanuts **(d)** soybean

3. Which of these is mainly a BODY-BUILDING food?
   (a) rice **(b)** maize **(c)** spinach **(d)** fish

4. Which of these is junk food?
   (a) curd **(b)** vegetable salad
   (c) chips **(d)** sprouts

5. The main taste of green chilli is:
   (a) sour **(b)** bitter **(c)** astringent **(d)** pungent

6. Idiyappam is usually cooked by:
   (a) roasting **(b)** grilling **(c)** steaming **(d)** frying

7. Riya drinks 6 glasses of water a day. How many glasses does she drink in 5 days?
   (a) 30 glasses **(b)** 24 glasses **(c)** 11 glasses **(d)** 36 glasses

8. At the food festival, a ragi laddu costs ₹12. How much do 6 laddus cost?
   (a) ₹84 **(b)** ₹18 **(c)** ₹72 **(d)** ₹60

Section B — Short answer — 8 × 2 = 16 marks

9. Why do we need to eat many kinds of foods?

10. Write the food group ("energy-giving", "body-building" or "protective"): (a) orange (b) fish

11. Write the main taste: (a) bitter gourd (karela) (b) green chilli

12. How is each usually cooked? (a) pakoda (b) bhutta (corn on the cob)

13. A packet of biscuits was packed in October 2025. The label says "best before 12 months from packing". In which month and year should it be eaten by?

14. A food festival has 16 stalls. On average, 53 people visit each stall. How many visits is that?

15. At the millet stall, jowar upma costs ₹90, a bajra roti ₹20 and a ragi laddu ₹30. How much for one of each?

16. In a class of 24 children, 3 ate junk food for lunch and the rest ate home-cooked food. How many ate home-cooked food?

Section C — Word problems — 4 × 4 = 16 marks

17. Plan a balanced lunch plate. Name the foods and their groups.

18. Each of the 3 people in a family drinks 9 glasses of water a day. A glass holds 250 mL. (a) How many glasses does the family drink in a day? (b) How many millilitres is that? (c) Give two reasons why we need water.

19. Aman spends ₹15 on a packet of chips every day. His mother suggests a ₹35 bowl of fruit instead. (a) How much does he spend on chips in 5 days? (b) How much on fruit in 5 days? (c) Why is fruit the better choice?

20. Name the food group of each, and say how that group helps the body: (a) maize (b) amla

Want another sheet on this chapter? In the Ambiful Worksheets app every sheet is new, with its answer key, and your child never gets the same question twice.

Scan the code to get the free app, or open **worksheets.ambiful.com/get**

Answer key

Food for Health · AW-4S-FFH-2026-V1 · For parents — fold back or tear off before handing the sheet to your child.

Q	Answer	Working
1	(d) energy	—
2	(a) papaya	—
3	(d) fish	—
4	(c) chips	—
5	(d) pungent	—
6	(c) steaming	—
7	(a) 30 glasses	6 × 5 = 30
8	(c) ₹72	12 × 6 = 72
9	No single food has all the nutrients our body needs, so we need foods that give energy, build the body and protect us.	—
10	(a) protective (b) body-building	—
11	(a) bitter (b) pungent	—
12	(a) frying (b) roasting	—
13	October 2026	October + 12 months
14	848 visits	16 × 53 = 848
15	₹140	90 + 20 + 30 = 140
16	21 children	24 − 3 = 21
17	For example: dal and curd (body-building), rice or roti (energy-giving), salad and a green vegetable (protective), with a glass of water.	—
18	(a) 27 glasses (b) 6,750 mL (c) It helps digest food and removes waste through urine and sweat (also keeps skin healthy).	3 × 9 = 27; × 250 = 6750
19	(a) ₹75 (b) ₹175 (c) Fruit is a protective food with vitamins and water; chips have too much oil and salt.	15 × 5 = 75; 35 × 5 = 175
20	(a) energy-giving food: gives energy to work and play (b) protective food: protects us from diseases	—

Ambiful Worksheets · worksheets.ambiful.com · Not affiliated with CBSE / NCERT