

**SRI KANCHI MAHASWAMI VIDYA MANDIR
FOOD**

CLASS : IV

TASK : 1

THE BEST BIRTHDAY PARTY

I. Use correct editing marks to correct the sentences and rewrite them.

1. my birthday was on saturday june 17
2. i got to have a party at the park with eleven of my friends
3. we had lots of my favourite food like chocolate cake.
4. my dad helped us do a relay race and the winners got candy
5. i was happy and surprised when arrived
6. it was the best birthday ever



II/Name the food items.

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TASK : 2

1. Write the ingredients for doing vegetable pulav with their measuring units.

INGREDIENTS	MEASURING UNITS

2 .A cake was being served during a party. If its 0.6 part was used and 0.15 part was wasted in the event, What part remained left ?

3. Sakshi and three of her friends ate $\frac{1}{8}$ of the cake. How much part of the cake was left?

4. A drum is half filled with rice and weighs 51kg 350 g . What will be its weight if it is Completely filled?

5. To prepare a carrot juice - write the ingredients used for making it.

INGREDIENTS	MEASURING UNITS

6. There are 451 kg of rice in a bag and 309 kg rice in another bag. Estimate the difference and the total quantity of rice in two bags.

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TASK : 5

Directions: Study the food label and answer the questions.

Nutrition Facts	
Serving Size 1 cup (236 mL)	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Values*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

FAT REDUCED 8g TO 5g AND CALORIES REDUCED 150 TO 130.
INGREDIENTS: GRADE A PASTEURIZED REDUCED FAT MILK,
VITAMIN A PALMITATE AND VITAMIN D3.

1. What is the serving size of this product?

2. How many calories per serving size are in this product?

3. What percent of daily value is the sodium?

4. In 2 servings, how much Vitamin A is there?

5. Based on this food label, would you consider this product to be healthy? Why or why not?

Look at 6 different products' food labels. Find three that are healthy and three that are less healthy. Record the products below and their sodium levels.

healthy

less healthy

தலைப்பு: உணவுகள்

உணவும் சுவையும் இப்படத்தை உற்றுநோக்கி இவற்றின் பெயர் மற்றும் சுவையினை எழுதவும்.



நம் உடல்நலத்தை பாதுகாப்பாக வைத்துக்கொள்ள நாம் அன்றாட உணவில் சேர்த்துக் கொள்ள வேண்டிய உணவுகள் மற்றும் தவிர்க்க வேண்டிய உணவுகள் என்னென்ன என்பதை பட்டியலிடுக.

சேர்க்க வேண்டியவை

தவிர்க்க வேண்டியவை

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FOOD

CLASS : IV

TASK : 4

I. अपन स्वास्थ्य का स्वस्थ रखनवाल पकवान पर गाला लगाइए।



II. दिए गए स्वाद किन-किन चीजा म मिलता ह? दा-दा उदाहरण लिखिए।

मोठा _____
खटटा _____
कडवा _____
मिच _____
नमकोन _____