

Worksheet-1
(SCIENCE)

➤ **Write the following questions-answers:**

1. Write the name of food what u have taken in lunch and will have in dinner. Write the name of nutrients which is rich in that meal.
2. What is full form of COVID-19?
3. Name the 3 vitamins which will help you to boost up your immunity.
4. List all the vitamins, their sources and deficiency diseases.
5. How far away is the Sun from Earth?
6. What are the precautions should taken for preventing corona virus disease?
7. Write at least five benefits of healthy food eating habits.

➤ **Fill in the blanks:**

1. _____ and _____ nutrients give your body energy to work and play.(in terms of nutrients)
2. _____ cannot be digested by our body.
3. _____ and _____ are needed in small quantities to stay healthy.
4. _____ help your body to built muscles.
5. _____ diseases can be caused by sneezing.
(infectious/non-infectious)