**NORTH POINT SENIOR SECONDARY BOARDING SCHOOL**

**WORKSHEET**

**CLASS - IV**

Give two examples for each..

1) Food that are  rich in carbohydrates

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2) Food that are rich in proteins

\_\_\_\_\_\_\_\_\_\_\_\_\_&\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3) Food that  are  rich in fats

\_\_\_\_\_\_\_\_\_\_\_\_\_&\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4) Food that are rich in vitamins

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_&\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5) Food that are rich in calcium ( a mineral )

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