



परमाणु ऊर्जा शिक्षण संस्था

Atomic Energy Education Society

कार्यपत्रक / Worksheet (2026-27)

कक्षा /Class: IV विषय /Subject: TWAU माह/ Month: August अंक/Marks: 40

दिया गया पाठ्यक्रम/Portion covered: Lesson 4 & 5

विद्यार्थी का नाम/Name of the student: _____

अनुक्रमांक /Roll No._____ कक्षा/अनुभाग Class /Sec.:_____ दिनांक /Date: _____

Section – A : OBSERVATION AND REPORTING (15 marks)

1. Fill in the gaps with the correct answer. (6 x 1= 6)

- A balanced plate includes food from _____ food groups. (three / two)
- We can cook food in a solar cooker using _____. (sunlight / kerosene)
- The six tastes together are called _____. (Shad Rasa / Panch Rasa)
- The _____ tree is called the “Flame of the Forest”. (Palash / Banyan)
- Jenu kurubas is a tribe from _____. (Karnataka/ Kerala)
- Gond art is mainly based on _____. (Nature / house)
- A professional cook is called a _____. (Chef / Farmer)
- Eggs, milk and fish are _____ foods. (Body-building / Junk)
- Before the village celebration, people offered prayers to _____. (Nature / humans)
- “Jenu” means _____. (Forest / Honey)

2. Write True or False.

(5× 1 = 5)

- Milletts are rich in nutrients. _____
- Sacred groves are protected by local communities _____
- A solar cooker produces smoke while cooking. _____
- A balanced diet contains foods from different food groups. _____
- Neem leaves were traditionally used to protect stored grains. _____
- Gond art uses only artificial colours. _____
- Vat Purnima is associated with the Banana tree. _____
- We should always check the expiry date on packaged food. _____
- Chips and soft drinks are healthy foods. _____
- People offered prayers only to the king before the celebrations. _____

3. Write a short note on the following.

(4 x 1= 4)

- What are Sacred Groves.

b. Importance of water in our diet .

c. Body-building foods

d. What is junk food

Section – B : IDENTIFICATION AND CLASSIFICATION (12 marks)

4. Answer the following. (5 x 1 = 5)

- a. Why do we need different kinds of food?
- b. Why are Neem leaves kept in earthen pots?
- c. Why is it important to check food labels?
- d. What is Gond art?
- e. How is a solar cooker useful?

5. Write the difference between. (2×1=2)

Junk food	Healthy food

6. Give an example of the ingredients or food items that match each of the tastes listed below? (6 x ½ = 3)

TASTE	EXAMPLE	
Sweet		
Sour		
Salty		
Pungent		
Bitter		
Astringent		

7. Draw any two Healthy food and also write the names. (2×1=2)

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Section – C : DISCOVERY OF FACTS (13 marks)

8. Match the following.

(6×1/2=3)

COLUMN A

COLUMN B

- | | |
|-----------------|------------------------|
| a) Palash | 1)Jaggery |
| b) Sour | 2) steaming |
| c) Jenu kurubas | 3) fruit-bearing tree |
| d) Sweet | 4) flame of the forest |
| e) Hari jiroti | 5) tamarind |
| f) Idli | 6) Karnataka |

9. Name any two.

(10 x 1/2 = 5)

- a. Name any two plants used for healthcare.

- b. Name any two water-rich fruits.

- c. Name any two millets.

- d. Name any two festivals associated with plants. _____

- e. Name any two foods that can be eaten without cooking. _____

- f. Name any two methods of cooking.

- g. Name any two natural materials used to build village houses. _____

- h. Name any two energy-giving foods.

- i. Name any two body-building foods.

j. Name any two ways to protect nature.

10. Circle the odd one out.

(4 × ½ = 2)

a. Rice, Wheat, Potato, Spinach (Energy giving foods)

b. Fish, Eggs, Milk, Chips (Body building foods)

c. Carrot, Orange, Guava, Burger (protective foods)

d. Neem, Tulsi, Ajwain, Apple (medicinal plants)

11 Locate the following states in the given map.

(6x ½ = 3)

- a) Gujarat b) Karnataka c) Andhra Pradesh
d) Telengana e) Uttarakhand. f) Maharashtra

