

Thu – Science

Q1. Write any 2 food items you eat in breakfast, lunch & dinner. Name the nutrients present in them.

Q2. One day you visited your friend & found that his gums are swollen & bleeding. Which special diet would you recommend him to recover from it & why.

Q3. Match the following:-

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|-----------------|--------------|
| a. Goiter | i. Starch |
| b. Fats | ii. Iodine |
| c. Carbohydrate | iii. Obesity |