



ST. LAWRENCE HIGH SCHOOL

A JESUIT CHRISTIAN MINORITY INSTITUTION

27, Ballygunge Circular Rd, Kolkata- 700019



Term: First

Date: 06.08.20

Subject: Science

Class: 4

Lesson: Eating for Life - Food

Topic: Balance Diet

WORKSHEET – 8

Answer the following questions in detail:-

1. What are the benefits of a balanced diet?

Ans:

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2. Why is it important to cook food?

Ans:.....

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3. What are the tips for cooking healthy food?

Ans:.....

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4. What is a healthy diet?

Ans:.....

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Ms. Margaret Das