

**Class: VII**

**Formative Assessment - I**

**Sub: Science**

**marks: 25**

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**I. Answer any Four of the following questions. 4 x 3 = 12**

1. Explain what will happen if we don't include roughages in our food?
2. Make a list of food items that contains all components of food?
3. How is water useful to our body?
4. Observe whether your mother cooks on low or high flame discuss.
5. Manjula eats only bread and omlette daily. Do you think it is a balanced diet ? why ? why not?

**II. Answer the following questions. 2 x 2 = 4**

1. Put a drop of me on cut potato it turns dark blue? Who am I ?
2. Draw some food items of your diet and explain why do you like them?

**III. Fill in the blanks . 4 x 1/2 = 2**

1. Fibers in our diet prevent \_\_\_\_\_
2. If the paper turns translucent the substance contain \_\_\_\_\_
3. Change in colour of food to violet or purple confirms presence of \_\_\_\_\_
4. The founder of modern science of nutrition was Frenchman named \_\_\_\_\_

**IV. Match the following. 4 x 1/2 = 2**

- |                        |   |   |                      |
|------------------------|---|---|----------------------|
| 1. Fibre               | [ | ] | a) micro – nutrients |
| 2. Protein             | [ | ] | b) energy giving     |
| 3. Vitamins & minerals | [ | ] | c) body building     |
| 4. Carbohydrates       | [ | ] | d) bulk forming.     |

**V. Project works. 5 Marks**