

**CREST**  
*Olympiads*  
#CRESTInnovator

# CREST Science Olympiad (CSO) Worksheet *for*

**Class 1**



**Topic**

**Food we Eat**



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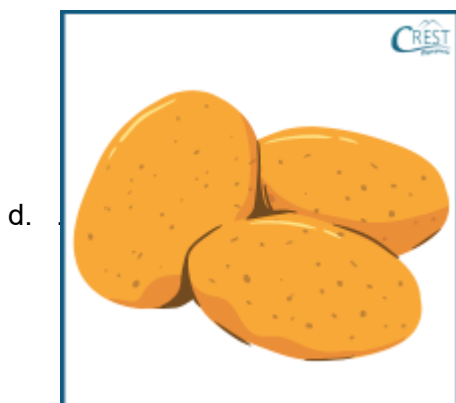
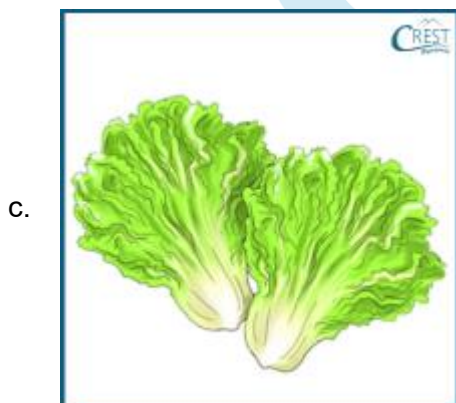
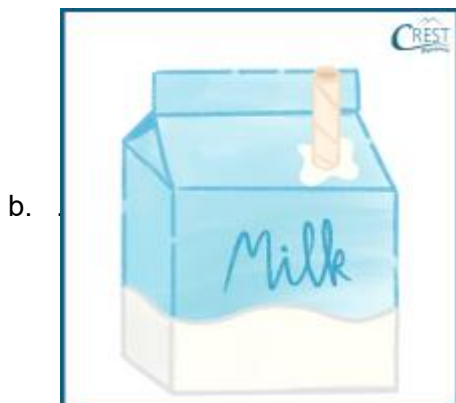
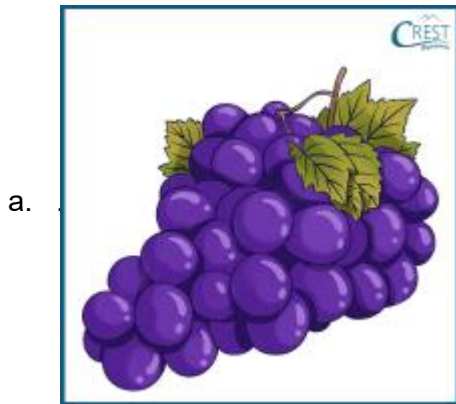
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## Worksheet on Food We Eat

1. Energy-giving foods are rich in carbohydrates. Which of the following foods is a carbohydrate?



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2. Select the odd one out:

a.



b.



c.



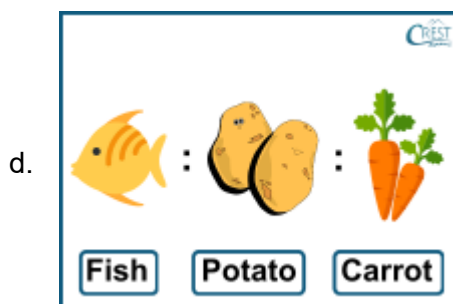
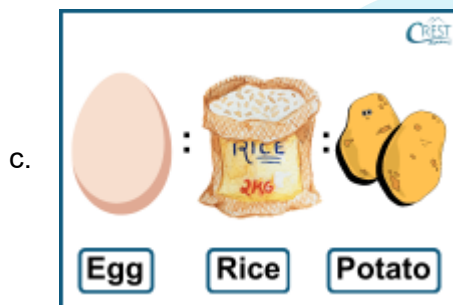
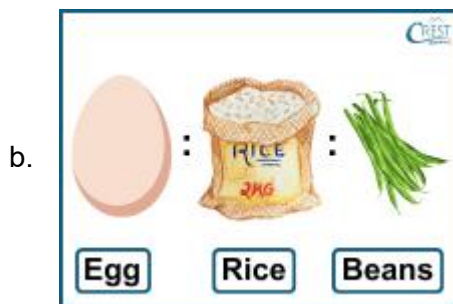
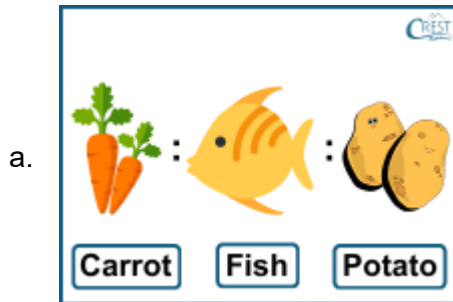
d.



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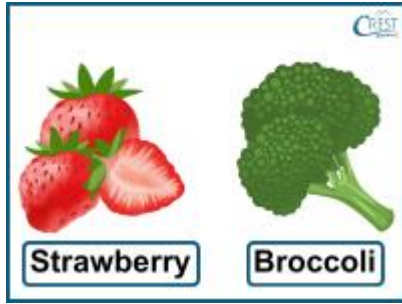
3. Select the option that correctly matches the order:

Protective food: Bodybuilding food: Energy-giving food



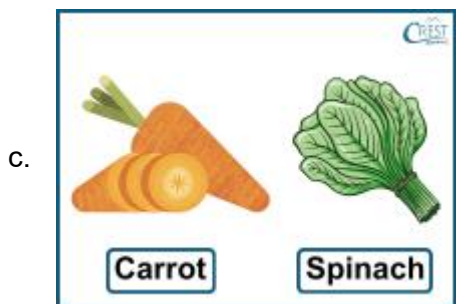
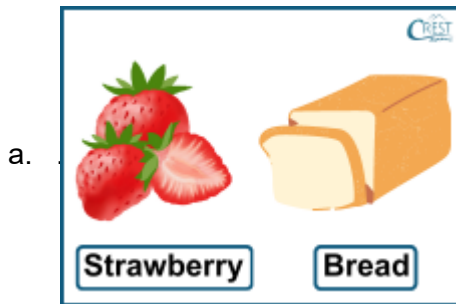
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4. Look at the pictures and select the correct category of food they belong to.

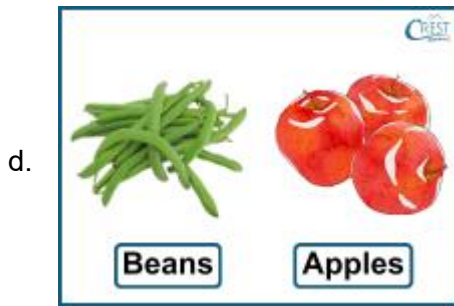


- a. Bodybuilding food
- b. Energy-giving food
- c. Protein-containing food
- d. Protective food

5. Manny's doctor told him that he has weak bones. Which of the following foods should he eat more of?



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## Answer Key

1. d - Potato is a carbohydrate.
2. c - Beans are bodybuilding food whereas spinach, orange and carrot are protective foods.
3. a - Carrot is an example of protective food, fish is a bodybuilding food and potato is an energy-giving food.
4. d - Strawberries and broccoli are protective foods.
5. b - Milk and eggs are rich in calcium and protein which makes our bones strong.

**More Questions Coming Soon – Keep Learning!**



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