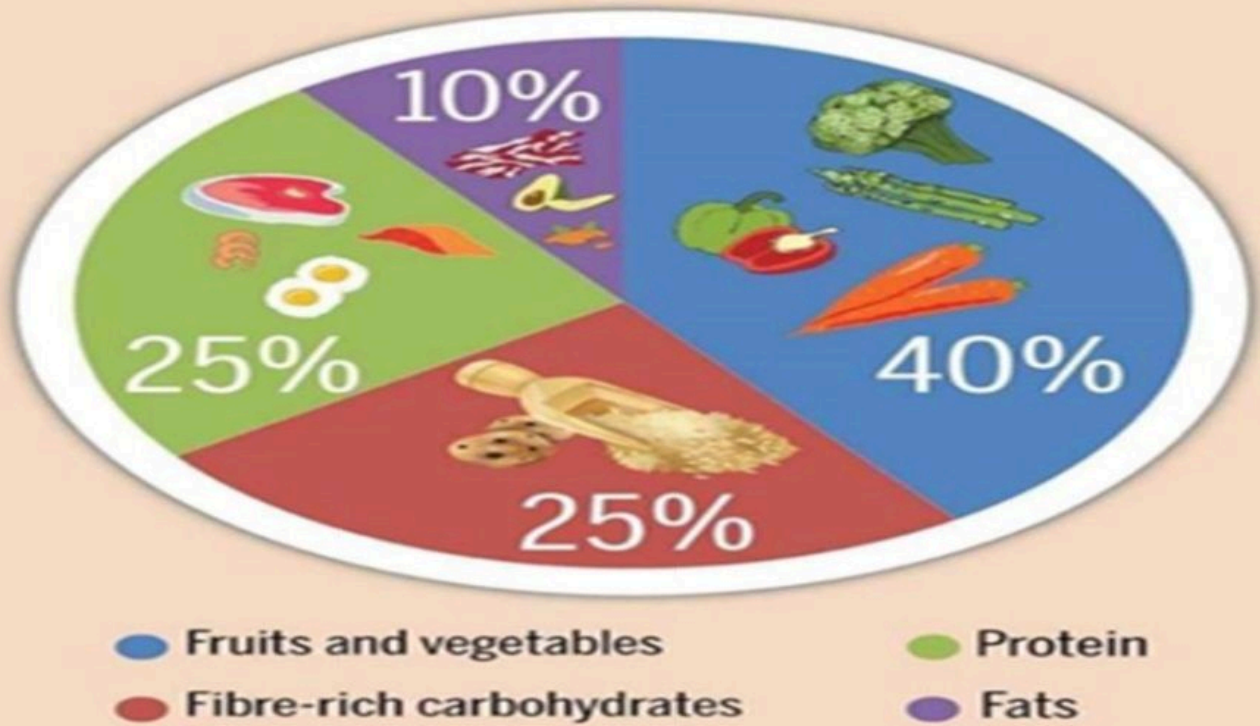


Balanced diet



- 1) Fraction of fat intake.
- 2) Fraction of Fruit and vegetable intake.
- 3) What fraction of Protein and Fiber-rich carbohydrates is needed for our body.
- 4) Which nutrients is required the most by our body and which nutrient is required the least.

Tabulate your observation-

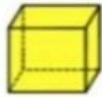
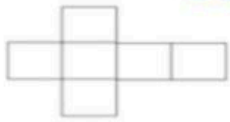
Nutrients	In Percent	In Fraction	In Decimals
Fats			
Proteins			
Fruits and vegetables			
Carbohydrates			

From the hints of net make 3-D shapes, construct the net of given food items: Juice cane, ice-cream cone, cube dhokla butter.

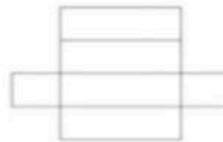


Nets

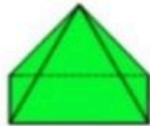
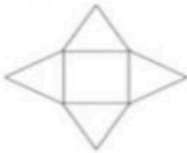
Cube



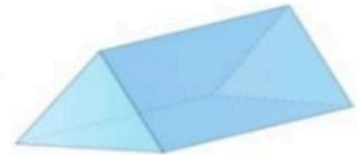
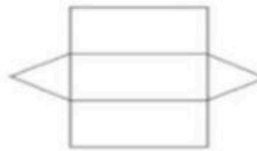
Cuboid



Square-based Pyramid



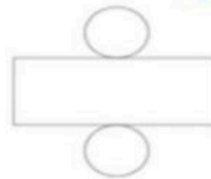
Triangular Prism



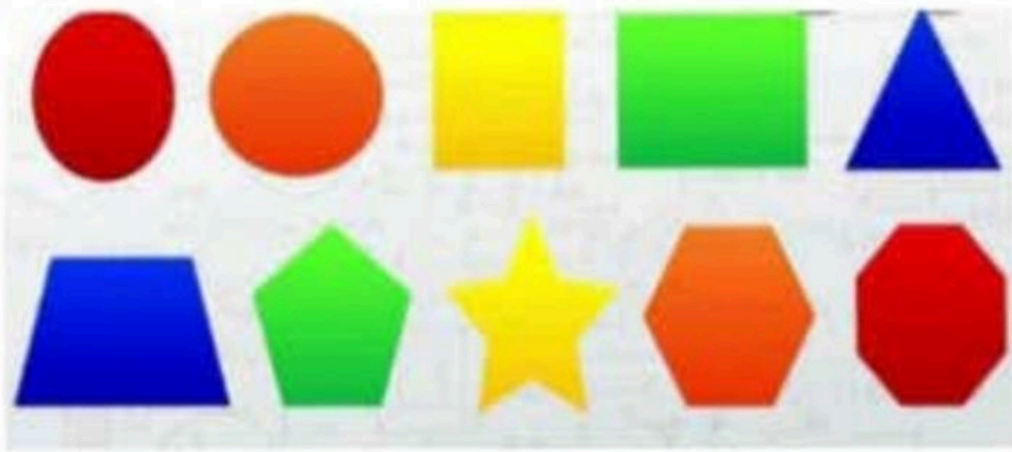
Cone



Cylinder



Shapes	Edges	Vertices	Faces
Cube			
Cuboid			
Prism			
Pyramid			
cone			
Cylinder			



These are different geometrical shapes.

यिलवलभन्नज्यालमतीयआकृ लतयाॉि

A picture of chapatti is given below. Write the name of the shape. Draw the picture of chapatti having different shapes which you want to make. Also write the name of the shapes. (Term-1)

यिचपातीकालचत्ि इसके आकारकानामलिखो,अपनेम रकीचपातीयोको े लचखनाओवउनके आकारके नामभीलि

