

## CLASS-IV SCIENCE

1. Circle the correct answer

Answer: a.Rice

b.fibre

c.butter

d.Cucumber

e.fermentation

2. tick the odd ones

Answers a. Water b. Rice c. Spinach d. Oil e. Carrots

3.a. We should not eat lots of fats to be healthy

b. rice and potatoes are energy giving foods.

c. freezing includes keeping foods at very low temperature.

d. eating a balanced diet will make us fit and healthy.

4. Match the following

a. drying - i. Potato

b. freezing - ii. Meat

c. pickling - iii. Mango

d. fermentation - iv. Cheese

e. canning - v. Jam

5 a. The main nutrients found in food are carbohydrates, fats , proteins, minerals and vitamins.

b. a diet that contains enough amounts of all the nutrients as well as water and dietary fibre is called a balanced diet.

c. It is not advisable to eat too much foods rich in fats as it can make over weight.

d. pickling is a common way of preserving vegetables and fruits by treating them with salt and oil.

e. i. fats- oil, butter ii. Carbohydrates- rice , potatoes iii. Vitamins- carrot , papaya iv. Proteins- meat , fish v. Minerals – salt , milk

6. the diet needs of people differ depending on the age and the kind of activities they do.

\* Long answer question

a. Nutrients helps us in the following ways. They

provides energy to do different work, keep our body healthy and help in proper growth, help in building and repairing our body.

b. The different ways in which food can be preserved are drying, freezing, fermentation, canning, pickling

c. vitamin and mineral are called protective food and they protect our body from diseases and keep us fit and healthy .

d. the different ways to avoid food wastages are

i, take small portion of food so that you can finish off everything on your plate

ii, store food, fruits, and vegetables in the refrigerator

iii, use food items before expiry date

iv, buy only those items required for the food you have planned.

e. dietary fibre or roughage is the part of food that is very useful in removing waste from body through the digestive system. Water is very important to keep our body healthy. we cannot live without water.

Homework do in the copy pg.14 flowchart