



Suresh Angadi Education Foundation's

Angadi International School

(Affiliated CBSE, New Delhi)



Grade:IV

Subject: Science Worksheet

A. Tick () the correct option.

1. These foods contain fats.

- a) oranges and wheat b) oil and nuts c) Spinach and Fish d) Carrots and apples

2. These nutrients are called protective foods.

- a. carbohydrates b) fats c) Vitamins and minerals d) Proteins

3. Which of these is not true for water?

- a. helps to digest food b. adds bulk to food
c. helps to remove waste d. helps to maintain body temperature

4. This is the way to preserve food by sealing it in airtight containers.

- a. canning b) Refrigeration c. drying d) Deep freezing

B. Rearrange the letters to find ways to preserve food.

1. NNCAING 2. ERFRGIERAITON 3. DINGRY 4. EEDPEEZFRING

C. Give two examples of food for each of the given nutrients.

1. Fats _____
2. Proteins _____
3. Carbohydrates _____
4. Vitamins and minerals _____